



KAIZEN KARATE

@ Westover ES

KARATE

(Instruction provided by Kaizen Karate)

This popular class is a disciplined introduction to the sport by Kaizen Karate. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first time students will be able to start the belt program.

Grades:	K – 5th
Cost:	\$144.00
Day:	Wednesday
Start Date:	September 28th
End Date:	November 30th
Time:	4:00pm – 5:00pm
Location:	CLRM 001

CLASS DATES:

Sept. 28

Oct. 12,19,26

Nov. 2,9,16,30

Number of Classes: Eight (8)

No Class Dates: Oct. 5, Nov. 23

REGISTRATION

To register for classes, go to
www.KaizenFitnessUSA.com

1. Click the red **"REGISTER NOW"** on the home page. This brings you to our Registration Page.
2. **FOLLOW THESE EASY STEPS TO REGISTER:**

Step 1: Select the **"Add to Cart"** button to enroll

Step 2: **"Check Out of Shopping Cart"**

Step 3: Select **"Create New Account"** when prompted.

Once your account has been created, follow the registration flow to select a pay plan; Add Members (your student); sign waivers, confirm your "order"; and pay & finish.



Phone: 301-938-2711

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