



CITY OF SAMMAMISH PARKS & RECREATION DEPARTMENT:
Tiger Kids Martial Arts & Fitness Classes
 Fitness with a purpose!



CLASS	TIME/DAY	LOCATION	START DATES
Tiny Tigers Martial Arts (ages 3-5)	4-4:30 pm Monday	All classes: The Lodge at Beaver Lake 25201 SE 24 th St. Sammamish	4-Week Spring Class Starts: May 9
Family Martial Arts/Sword Play (ages 5+)	4:30-5:30 pm Monday		8- week Summer Class Starts: June 13
Kung-Fu & Escrima (ages 13+)	6-6:50 pm Monday		

A new class for self-defense & fitness

For Questions: Call (425) 774-ARTS (2787) or go to www.Tigerkid.com

CLASSES IMPROVE CONFIDENCE, FOCUS, RESPECT, & DISCIPLINE

TINY TIGERS MARTIAL ARTS: This less intense, fun-filled class is a great introduction of basic martial arts skills with games and training aids for the little ones. The focus is on fun and fitness while developing motor skills, coordination, self-esteem, and improved listening skills. Wear loose fitting clothing. Uniforms are available from the instructor.

FAMILY MARTIAL ARTS CLASSES: A great program for the whole family to learn the kicks of Taekwondo, the moves of Kung-Fu, and the forms of Kenpo Karate/Kobudo. Learn in a safe and fun way while developing motor skills, coordination, and respect. Stranger awareness and safety skills are also taught. Bag kicking and padded sword sparring for fun! Classes designed for all fitness levels/abilities. Beginner classes last 45 minutes.

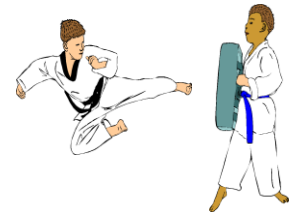
KUNG-FU ESCRIMA CLASS: Enjoy the rare opportunity to learn the art that made Bruce Lee famous! Learn the most efficient and effective style of self-defense in the world! The focus is on self-defense and fitness.

CHIEF INSTRUCTOR: 8th degree Master Instructor Mitch Mayberry has over 40 years of experience in the striking, grappling, and weapon arts. He is the most certified and accredited instructor in the area at any price and is the only certified Master Instructor of Karate/Taekwondo/Kung-Fu/Kobudo in the Pacific Northwest. He is also a certified personal trainer and aerobics instructor and former National Head Coach. Master Instructor Mayberry holds black belts in 10 systems of martial arts.

NEW! TIGER KIDS SUMMER MARTIAL ARTS CAMP FOR AGES 5-16

JULY 25-29, 2011 from 10:45 to 12 Monday-Friday (\$85)

A fun-filled week of padded sword sparring, bag kicking and martial arts training to improve coordination and respect for others while teaching self-defens skills. This one-week camp will provide your child with introductory instruction on basic self-defense skills, as well as stranger awareness all while having fun.



TO REGISTER: Complete and sign the form below (one per student), and bring it with cash or check to the first class OR mail it to Tiger Kids 23509 Edmonds Way Edmonds, WA 98026

NAME: _____ AGE: _____ PHONE: _____ E-Mail: _____

ADDRESS: _____ ZIP: _____

CIRCLE CLASS: Tiny Tigers Family Martial Arts Kung-Fu/Escrima Summer Camp

TOTAL ENCLOSED: \$ _____ NOTE: Registration fees are non-refundable.

Cost :
\$45 (4 weeks)
\$85 (8-weeks);
plus \$12 AAU
insurance fee

I, the undersigned, hereby recognize that the nature of martial arts and physical activities implies there always exists a risk of injury. I hereby release and hold harmless the City of Sammamish, school districts, Tiger Kids, Mitch Mayberry, or any agents acting on their behalf or in support of this class from any liability should the named individuals become injured during the course of, or as a result of, this class. I agree that the named individuals will train and exercise in a safe manner, not putting fellow students nor myself at risk or danger.

DATE: ____/____/____

*Signature required to process registration (parent/guardian signature required for minors).
 This program not reviewed or endorsed by Lake Washington or Issaquah School Districts.