



Dear Parents,

Samurai Kickboxing is delighted to continue to run two kickboxing classes at Lowbrook Academy next term;

Thursdays
23rd January – 13th February & 5th March – 2nd April (9 weeks)

3.30pm – 4.15pm Reception – Year 2 (Little Samurai)

4.15pm – 5pm Year 3 - 6 (Young Samurai)

FREE TRIAL for new students
£7/session monthly Direct Debit
£8/session one-off term fee

Our Kickboxing classes are *safe, professional* and *fun* and offer a variety of fantastic benefits for your children:

- Improvement in general health and fitness including strength, balance, coordination, speed, agility and flexibility
- Opportunities for self-development including improved self-confidence, focus, discipline and mental well-being
- Learning self-protection techniques and how to deal with bullying

To book your child a space in the Samurai Kickboxing class, please go to;

www.SamuraiKickboxing.com

We regret that we are unable to teach any students who have not booked.

If this session day/time does not suit you, we have public classes in Cookham on a Saturday and we also run very popular Holiday Camps.

Any problems, please do not hesitate to contact us by phone or email as detailed below.

Kind regards,

Matt Collins
Founder and Chief Instructor