

Martial Art club

Spring Session Class Details

Class introduction:

This is an introduction to martial arts. No experience is necessary. This class is fitness-orientated with an emphasis on safety education. We are constantly moving from one drill to the next. It's a non-contact activity (no sparring). We will be studying Traditional Tae Kwon Do. The style is great for increased fitness, strength, flexibility, balance, and coordination. We also teach life skills that students can put to use every day. Our class goals are to be safe, have fun, make progress, and be active.

Instructor Bio:

Skyler Zoppi is a 6th degree Black belt in Tae Kwon Do with over 40 years of martial arts experience. He's the Chief Instructor at True Martial Arts, a Sammamish Martial Arts School that he co-owns and operates. It's one of the longest running and biggest martial arts schools in Washington State since 1982.

Who: 1-5 Graders

Time: Wednesday 2:30-3:20pm, 2/18-5/20 (no class on 4/15), total 13 classes

(If school closes due to bad weather, we will have a make-up class after the last class)

Showcase Performance: 5/20 2:50-3:20 PM. (If school closes due to bad weather, the showcase will be moved to the last class date)

Location: School Small gym

Class Size: Min 8 / Max 30

Material: Teachers will provide all materials!

Cost: \$268 (If we do not have enough volunteers and cannot open the class successfully, we will inform you and refund the full amount.)

No Volunteer, No Club: If no volunteer signs up at least 7 days before the class starts, we will announce that the class will not open and refund your tuition.

"We encourage each family sign in at least one spot volunteer if possible—volunteering is simple and flexible! You'll just help with sign-in and sign-out, and you're welcome to bring your laptop and work while you're there. Sign Up Here!

If you need financial support, please contact with school counselor,

Mrs. Muhlestein <jmuhlestein@lwsd.org>

Sign up deadline: 2/10 9pm

Any question? email to clubs@smithpts.org