

## KIDS KUNG FU

For kids aged 4-10 yrs, this class helps build a solid foundation of confidence, awareness, teamwork, social skills and personal safety whilst fostering a lifelong interest in martial arts that they can use to help manage life successfully as they grow.

Members on a current training plan can join in for no further cost, whilst the

cost for non members will be \$25 per class.

This class consists of A fun fitness warm-up Wing Chun Techniques and forms Contact Reflex and Balance training Agility games and exercises

Tuesdays 4:30 - 5.30pm Wednesday 4.30 - 5.30pm Saturday 9:30 - 10:30am

