



Kick & Box

Teacher Name: India Horton

Class Size: Minimum 10, Max 22

Class Cost: \$35

In an effort to keep this class affordable for all, teachers are ineligible to receive this class for free

Ages served: Blue & Orange

Prerequisites (if any):

- ~ Must be willing to sweat & push themselves physically
- ~ Must be willing to have fun!

Class Description: Welcome to Kick & Box!

A Kickball, Kickboxing, and Boxing class fusion. We will alternate weeks where one week we're outside learning the game of kickball, and the other weeks we will be having a fun workout that includes, kickboxing, and sparring with other kids.

Please be advised of the following conditions..

- an in-person meeting will be required to participate in this class
 - an additional safety waiver will need to be signed
- music will be playing during the weeks of boxing. (There will be no cursing and will be a mix of pop, Christian, gospel rap, etc)
- there are no refunds for this class, equipment will already be purchased

Safety

Your kids will be learning how to get comfortable with boxing.

- Any child found not following the rules of the class, being unsafe in any matter, acting silly to where it is causing safety concerns, boxing in an unsafe or hazardous manner, will be removed from the class.

End-of-Year Tournament

- We are looking to host a tournament towards the end of May, or early June. If we can get it off the ground, all students will be required to participate in the game. We were unable to reach out to other co-ops until registration opened and got total commitments. If we are able to get the 16 students' needs for the tournament it is a go! More details coming soon

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Week 1: Boxing/ Kickboxing

Week 2: Kickball

Week 3: Boxing/ Kickboxing

Week 4: Kickball

Week 5: Boxing/ Kickboxing

Week 6: Kickball

Week 7: Boxing/ Kickboxing

Week 8: Kickball

Week 9: Boxing/ Kickboxing

Week 10: Kickball

Week 11: Boxing/ Kickboxing

Week 12: Kickball & Ice Cream