



# Black TAEKWONDO

## & MDB Fitness Program

Term **1** 2012

1 Feb - 30 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHILDREN'S UNDER 12 YEARS</b>	4.30 - 6 pm Cubs U12 <b>Sport Training</b> <i>Kenrick</i>		4.30 - 5.30 pm Cubs U12 <b>General Class</b> <i>Michelle</i>	4.30 - 5.30 pm Cubs U12 <b>General Class</b> <i>Brandon</i>		<i>Rod</i> 8.30 - 10.30 am <b>Sport Training</b>
<b>SPORT TRAINING</b>	6 - 8 pm <b>Sport Training</b> All Grades <i>Rod</i>	5.30 - 7.30 pm <b>Sport Training</b> All Grades <i>Ben</i>	5.30 - 7 pm <b>Sport Training</b> All Grades <i>Rod</i>	6 - 8 pm <b>Sport Training</b> All Grades <i>Ben</i>		10.30 - 11.30 am <b>General Class &amp; Self Defence</b>
<b>GENERAL ADULT CLASSES</b>	8 - 9pm <b>MDB</b> Glove & Bag Workout <i>Rod</i>	7.30 - 9pm <b>General Class &amp; Self Defence</b> <i>Darrell. Attendance must be confirmed weekly.</i>	7 - 8. pm <b>Grading &amp; Self Defence</b>			11.30 - 12.15 am <b>Eager Ninjas</b> Pre Schoolers 4 to 6 years <i>Rebecca &amp; Amanda</i>
<b>HEALESVILLE CLASSES</b>		<b>TUESDAY</b> 4.30 - 5.15 pm U 10 class Class			<b>FRIDAY</b> 5 - 6 pm General Class <i>To be confirmed</i>	
		5.30 - 6.30 pm General Class <i>Rod</i>	8 - 9 pm <b>MDB</b> Glove & Bag Workout <i>Rod</i>			

**Important Dates**

- Start of Term 1 - 1st Feb
- Kixsport 4th Trial - 19th Feb
- TVI Vic Comp' - 10th March
- Stage 1 Grading week - 12th March
- Kixsport Team Selections- 18th March
- Stage 2 Grading - 31st March

<b>Membership Fees</b>	Per year	Includes members and syllabus books, club T shirt	<b>\$ 130</b>
<b>Adult Fees</b>	10 session cards		<b>\$ 165</b>
	1/2 Year		<b>\$ 650</b>
	1 year		<b>\$1250</b>
<b>Discounted Fees</b>	<b>Full Time Students - Health Care Card Holders, Children under 18</b>		
	10 session cards		<b>\$ 150</b>
	1/2 Year		<b>\$ 550</b>
	1 year		<b>\$1100</b>
<b>Family Discount</b>	<b>5% for immediate family members</b>		
<b>Insurance &amp; Registration</b>	We recommend members take the sports insurance option.		<b>\$ 55</b>
	Sport Competitor Registration & Insurance		<b>\$ 75</b>
<b>Uniforms</b>	Standard White Uniform		<b>\$ 75</b>

**MDB** is a fun way to get fit using a wide range of equipment including kicking/punching bags, bikes, weights, medicine balls, skipping ropes etc. The program constantly moves with music around a central circuit that ensures a very great overall fitness & tone.

**Prepaid Sessions 10 \$165 Discount \$150 Registration (Yearly) \$80** Includes MDB T-Shirt or bag gloves  
**10% Discount for 40 Session Cards**

**Monday 8 - 9 pm**      **Wednesday 8 - 9 pm**