

# WHY JOIN

## *MARTIAL ARTS LUNCH PROGRAM?*

### BEGINNER-FRIENDLY IN A FAMILIAR ENVIRONMENT

Perfect for new students, with classes held right at school in a comfortable and supportive setting.

### PROGRESS AND ACHIEVE WITH STRIPES AND BELTS

Kids can grow in our program, earning stripes and belts as they develop skills and confidence.

### FUN WITH FRIENDS

Learning martial arts with classmates makes it even more fun, building teamwork and lasting friendships!



# OUR *CONTACT*



info@synergymartialarts.ca



(647) 344-7961



416 Moore Ave. Suite 103, Toronto



www.synergymartialarts.ca

## REGISTRATION LINK



SCAN ME

# *LUNCH MARTIAL ARTS*



**WHERE FOCUS MEETS FUN  
MARTIAL ARTS AT LUNCH!**



# ***NORTHLEA MARTIAL ARTS PROGRAM***

Welcome to the Martial Arts for Lunch Program at Northlea Public School! We're excited to reintroduce our popular Taekwondo program, where students can learn the basics of martial arts in a fun, engaging, and structured environment during their lunch break.

**8 WEEKS - \$176.00**

## **ABOUT OUR *LUNCH PROGRAM***

We're excited to announce that our popular Taekwondo Lunch Program is back at Northlea Public School after a hiatus! This 8-week course is the perfect introduction to Taekwondo, focusing on building foundational skills like focus, discipline, and goal setting. After running a successful program for 10 years, we're thrilled to return and help students learn the basics of this incredible martial art in a fun and engaging environment!

***CLASSES START  
OCTOBER 2ND!***

## **PROGRAM STRUCTURE**

- 8-Week Course  
Each session lasts for 8 weeks, focusing on foundational Taekwondo skills and principles.
- Weekly Classes  
Classes take place during lunch breaks, ensuring that kids can enjoy martial arts training without disrupting their school day.
- Age-Appropriate Training  
Our instructors cater to different age groups, ensuring that the training is appropriate for each child's developmental level.

## **BENEFITS**

- Enhanced Focus and Discipline
- Martial arts help students learn the value of focus, discipline, and perseverance, translating into improved behavior and performance in school.
- Self-Confidence
- Through achieving personal goals, students build self-esteem and the confidence to face challenges head-on.
- Physical Fitness
- Martial arts is a full-body workout, improving strength, coordination, balance, and flexibility.