

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 HERE

LUNCH MARTIAL ARTS



WHERE FOCUS MEETS FUN
MARTIAL ARTS AT LUNCH!



ABOUT OUR *LUNCH PROGRAM*

We're excited to announce that our popular Taekwondo Lunch Program is back at Northlea Public School. 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!

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.

CLASSES START JANUARY 16TH

NORTHLEA MARTIAL ARTS PROGRAM

Welcome to the Martial Arts for Lunch Program at Northlea! 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 - \$224.99