



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

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!

***CLASSES START
APRIL 10TH***

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.