

Martial Arts/Muaythai for children (5 – 16 years)

Timetable of classes for children



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|------------------------------------|--|
| 4:00pm – 4.40pm | 4:00pm – 4.40pm | 4:00pm – 4.40pm | 4:00pm – 4.40pm | | 12:00pm – 1.00pm |
| MIGHTY DRAGONS 5 - 8 Years & LITTLE DRAGONS 8 - 12 Years | MIGHTY DRAGONS 5 - 8 Years & LITTLE DRAGONS 8 - 12 Years | MIGHTY DRAGONS 5 - 8 Years & LITTLE DRAGONS 8 - 12 Years | MIGHTY DRAGONS 5 - 8 Years & LITTLE DRAGONS 8 - 12 Years | Go for a run or swim or ride | Little Dragons/Dragons can train with the adult class. Please check suitability. Kids need a partner! |
| 4:40pm – 5:25pm | 4:40pm – 5:25pm | 4:40pm – 5:25pm | 4:40pm – 5:25pm | | |
| LITTLE DRAGONS 8 - 12 Years | LITTLE DRAGONS 8 - 12 Years | LITTLE DRAGONS & DRAGONS Beginner | LITTLE DRAGONS 8 - 12 Years | | |
| 4:40pm – 5:30pm | 4:40pm – 5:30pm | 4:40pm – 5:30pm | 4:40pm – 5:30pm | | |
| DRAGONS/ TEENAGERS 12 – 16 Years | DRAGONS/ TEENAGERS 12 – 16 Years | LITTLE DRAGONS & DRAGONS Intermediate Class (Level 4+ or Invite) | DRAGONS/ TEENAGERS 12 – 16 Years | Do homework | |
| 5:30pm – 6:30pm | | 5:35pm – 6:30pm | | | |
| <u>Advanced Class</u> Junior Fight Team Or invitation only | | KID FIT Fitness Class for 10 -15 years | | Do chores | |

Kids from 14 can participate in adult classes – a youth membership is required.

PRICES FOR CHILDREN'S CLASSES & PARENT FIT (per school term)

| CLASS TYPE | PAY IN ADVANCE PER SCHOOL TERM |
|--|---|
| Mighty Dragons | \$295.00 - unlimited classes (Required for all Competition Training) |
| Little Dragons | \$255.00 - up to 4 classes a week (Sport Training) |
| Dragons | \$195.00 - up to 2 classes a week (Recreational Training) (School holiday training (if eligible) is \$10.00 a class or \$25.00 a week) |
| PARENT FIT CLASSES 4:40pm fitness classes. | SAME PRICES as PER CHILDRENS (School Term Only) Own training counts as 1 class. |

- A uniform fee of \$90.00 is required on joining Mighty Dragons (on moving to Little Dragons, shin guards are required + \$15).
- A uniform fee of \$100.00 is required on joining Little Dragons and Dragons. Gloves, shorts, shirt, shin guards included.

Recreational Training - This is for kids who want to do the program for fun and fitness whilst learning some self-defence and Muay Thai as a life skill and activity. It is suited for kids who can only train 1-2 times a week and do other activities as a sport.

Sport Training - Sport training is for kids who elect to the program as their main sport or in conjunction with another serious sport. It is for kids who train a minimum of three times a week. For children who want to grade to Level 4 and above they need to do this type of training in order to get the skills and fitness improvement required.

Competition Training - This level is required for any child wishing to compete. A minimum of 5 times a week is required. Another sport can be considered if deemed related for fitness development. Competition regime also requires out of class training, physical homework every class and extra fitness training as required by the coach. Intermediate classes are compulsory. This is most suited to children at or above Level 4 who want a greater challenge and have selected Muay Thai as their main sport.

The first class is FREE for children. This class is a trial for you, your child and us to ensure the program is suitable for your child. Please ensure you arrive at least 15 minutes before your first class.

Joining – Kids can do one free trial lesson. The trial is for you to assess the program and for us to assess the child's suitability to the program. New children can only be accepted into the program in the first half of a school term.

Adults - We conduct classes at the same time the children's classes are on in order for parents to get a workout and enjoy training as well. Adults can get a PARENT FIT membership that is the same price as the kids for this time slot. If you want to do other classes on the regular timetable you need to get an adult membership.

General - The children's classes are broken up by age group to better cater for the learning differences of the children. All programs are a developmental system designed to teach, motivate and inspire children to learn self-discipline, diligence, good behaviour, effort, confidence and to develop self-esteem in a SAFE environment. Classes also include an element of learning to be mentally strong, resilient and to harden up and have a go. Kids are taught to stand up for themselves and be proud whilst learning respect and good behaviour. There are no participation trophies and you must earn your gradings through effort, ability and attendance. We make it 'real' and kids must earn every step and work hard to achieve.

Classes utilise the techniques of Muay Thai, Kickboxing, Boxing, Wrestling and real-world self-defence, as the physical medium to develop skill and fitness in a group development environment. Our combat sports training is the most practical and honest training in martial arts your child can achieve. Kids will learn to do fitness exercises plus to punch, kick, fall and wrestle. Children also learn appropriate use of force and a strict code of conduct that ensures a mature approach to martial training. The classes are organised, structured and follow a deliberate curriculum in order for each student to develop their fitness, skills and character. It is a uniformed program with a practical and modern learning environment.

There is a grading system that is designed to suit age groups and rewards attendance, attitude and ability. But predominately the training is designed to be enjoyable and positive. So that if the students are dedicated and persist they will earn their gradings! Every class has skill development, partner work, application, drills and fitness that will be challenging to achieve and will take effort and time to be good at. Grading are ability and effort based and it is a 'keep up' program.

Phoenix classes are conducted in a disciplined and safe learning environment. Run by coaches, both male and female (who all have a WWVP Card), who value and reward participation, effort, honesty and diligence. All children who participate in Phoenix classes learn new skills, meet new friends and develop enhanced self-esteem and confidence. The classes are positive; however, the coaches develop your child by teaching them hard work and not to quit or be slack. Children are taught to stand up for themselves and to always be respectful, to not quit and that hard work is rewarded with satisfaction and self-respect. We demand effort and do not tolerate laziness, whinging, disruption, excuses or lack of effort.

Phoenix classes are a developmental program that requires persistence and diligence for them to work effectively. Please discuss with your child the commitment required before joining and once you have joined, persist with coming to classes even on the days your child (or you) do not feel like it. Everyone leaves happier and better for the experience after training. As parents and carers, please set an example and try hard to come regularly, despite how hot it gets, how cold it gets, or how busy you get. Being fit and healthy requires diligence for it to develop as a lifestyle habit. All classes have physical contact between children, this is a contact sport and any martial that isn't, is 'fake news'.

PARENT FIT MEMBERSHIP - Set an example and get fit at the same time as your kids! For 4:40 fitness classes only.

MIGHTY DRAGONS - General Martial Arts, fitness and coordination (5 – 8 years)

All children are assessed to see if they are mature enough for the program. When a child is 8 they may transition into the Little Dragons classes based on maturity and ability. There is normally no grading for this age, but experienced and exceptional kids may be graded in Little Dragons. Badges can be earned for achievement, effort and improvement. Kids are expected to listen, line up, take turns, try hard and be disciplined.

LITTLE DRAGONS - MUAY THAI KICKBOXING (8 – 12 years)

All children are assessed to see if they are mature enough for the program. When a child is 12 they transition into the Dragons classes based on maturity and ability. Classes follow a graded system. Badges can be earned for achievement, effort and improvement. Kids are expected to listen, line up, take turns, try hard and be disciplined.

DRAGONS - MUAY THAI KICKBOXING (12 – 16 years)

Teenagers can stay training in the Dragons timeslots until they can make and feel comfortable doing adult classes. When they are doing adult class regularly, they will need to be on a youth membership. When a child is 12-14 years, they can transition into adult classes if suitable and given permission by the coach.