

PHOENIX KIDS' TIMETABLE: 5 - 16 years

Martial Arts/Muaythai/Self Protection/Fitness



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.

New enrolments are only accepted in the first 4 weeks of school term.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
From 3:40pm – arrive – supervised warm up – ready to start the class at 3.50pm					
3.50pm – 4:30pm	3.50pm – 4:30pm	3.50pm – 4:30pm	3.50pm – 4:30pm		10:00am–11.00am
MIGHTY DRAGONS (5-8 years) & LITTLE DRAGONS (8-11 years)	MIGHTY DRAGONS (5-8 years) & LITTLE DRAGONS (8-11 years)	MIGHTY DRAGONS (5-8 years) & LITTLE DRAGONS (8-11 years)	MIGHTY DRAGONS (5-8 years) & LITTLE DRAGONS (8-11 years)		DRAGONS (12 – 16 Years)
From 4:25pm – arrive – supervised warm up – ready to start the class at 4:35pm					<i>All programs are divided by age & level during the class time.</i>
4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm	4:35m – 5:25pm	
DRAGONS (11 – 16 Years)	DRAGONS (11 – 16 Years)	DRAGONS (11 – 16 Years)	DRAGONS (11 – 16 Years)	LITTLE DRAGONS (8-11 years) & DRAGONS (11 – 16 Years)	
From 5:20pm – arrive – supervised warm up – ready to start the class at 5:30pm					
5:35pm – 6:25pm	5:35pm – 6:25pm	5:35pm – 6:25pm	5:35pm – 6:25pm	4:30m – 5:25pm	
LITTLE DRAGONS (From 10 years) & DRAGONS	KID FIT (11 – 16 Years) Instructional Weight Training	LITTLE DRAGONS (From 10 years) & DRAGONS	LITTLE DRAGONS (From 10 years) & DRAGONS	Intermediate Kids Kids Sparring Level 4+	

Classes follow a graded development system. Badges can be earned for achievement, effort, and improvement.

KID FIT: This is an instructional class for kids to learn weight training and how to use the fitness equipment.

PRICES FOR CHILDREN'S CLASSES & PARENT FIT

CLASS TYPE	PAY IN ADVANCE PER SCHOOL TERM
Phoenix Kids All programs All include unlimited training	\$250.00 per school term. Adult classes participation requires a YOUTH membership. (\$140 per month on direct debit). Youth membership also includes training in School Holiday's (School holiday training is \$12.00 a class or \$35.00 for an unlimited week)
Parent Fit Classes Any 4.40 or 5:30 fitness class (Mon – Fri) or own training during any kids' class.	SAME PRICES as PER CHILDRENS (School Term Only – own training counts as 1 class) (School holiday training is \$20.00 a class or \$50.00 a week)
Youth Membership	\$140 per month via direct debit or \$420 pay in advance for 3 months. Includes unlimited training in children's classes and adult classes plus training during school holidays in adult classes.

- A start up pack of \$100.00 is required on joining for Mighty Dragons.
- A start up pack of \$110.00 is required on joining for Little Dragons and Dragons.
- YOUTH MEMBERSHIP is required for participation in any adult classes. You need permission to do adult classes if under 14.

Teach your child to be SAFE and STRONG for LIFE.

Classes utilise the techniques of Muaythai, Kickboxing, Boxing, Wrestling, and real-world self-defence, as the physical medium to develop skill and fitness in a group development environment. Our martial arts 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 for each student to develop their fitness, skills, and character. It is a uniformed program with a practical and modern learning environment. We teach what works and focus on basics that are proven in fighting and self-defence not on belts, gradings and memorised techniques that are very often impractical.

The children's classes are either broken up by age group to better cater for the learning differences of the children or by the experience level 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 – you must earn your gradings through effort, ability, and attendance.

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 challenging and positive. Every class has skill development, partner work, application, drill's, and fitness that will be challenging. 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. All classes have physical contact between children, this is a contact sport, and we build the intensity as your child develops.

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.

The program only works if you stick with it for months and years, especially when it gets harder!

Parents: We conduct fitness class at 4:40pm for parents to get a workout while the kid's train. 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 require an adult membership. You can also do your own training in the fitness room between 3:50pm and 5:30pm.

Sparring: The sparring class is for Dragons graded Level 5 or above. It is an intermediate class and requires head gear, groin guard, mouth guard, appropriate gloves, and upgraded shin guards. Please talk to Anthony before attending to ensure you are comfortable with the level of the class and contact required for sparring.

www.phoenixgym.com.au Any enquires: 1300 GO PHOENIX or info@phoenixgym.com.au

PROGRAM OVERVIEW BOOKLET THAT INCLUDES INFORMATION ABOUT THE GRADING SYSTEM ARE AVAILABLE AT RECEPTION FOR \$2