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Youth Martial Arts

2012 Session Dates		Registration Dates
Winter 2 (7 weeks)	Feb 20th - Apr 14th	Member: Jan 30th Non-member: Feb 6th

No Classes Apr 2-8th for Spring Break

Class	White Belt Sessions 7 weeks			
	Member 1 Class a Week	Member 2 Class a Week	Non-Member 1 Class a Week	Non-Member 2 Class a Week
White Belt TKD Ages 7*+ (45 min)	\$112	\$147	\$129	\$164

*Children under ages 4 - 7 can join, but we highly recommend both white belt classes for the best progress.

White Belt Session Schedule

Class	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Sun
Taekwondo (SL)		5:30-6:15p		5:30-6:15p			
Youth Brazilian Jiu-Jitsu (BB)				7-8p		1-2pm	

Beginner Session pricing includes a uniform, belts, and first test.

After completing the first white belt session, if the student demonstrates techniques with a proficiency that allows advancement in the orange belt classes, martial arts participants join the Martial Arts Academy as an open ended month to month program participant based on class enrollment:

Member Rates

- 2 classes enrollment a week = \$55/month
- 3+ classes = contact Misty Laderer for rates

Non-Member Rates

- 2 classes enrollment a week = \$65/month
- 3+ classes = contact Misty Laderer for rates

Contact Misty Laderer for more information or for general Martial Arts Membership Enrollment:
 859-426-6064 mladerer@betterbodiesnky.com

Enroll your child in the beginner program at Silverlake front desk.



Martial Arts Academy

Youth Colored Belt Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Orange Belt Taekwondo (SL)		6:15-7p		6:15-7p			1-1:45p
Intermediate Belts TKD (SL)		7-7:45p		7-7:45pm			1:45-2:30p
Advanced Belts TKD (SL)		7:45-8:30p		7:45-8:30p			1:45-2:30p
Weapons (Bo Staff) (SL)		7:30-8:15p					
Youth Brazilian Jiu-Jitsu (BB)				7-8p		1-2p	

Adult Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Taekwondo & Weapons (SL)	See above times relative to belt rank.						
Brazilian Jiu-Jitsu (BB)		8:05-930pm	8:05-930pm	8:05-930pm	6pm**	12-1p	
Boxing (BB)						11:05-12p	

**Friday night BJJ class takes place based on prior sign up with instructor.

Note: ALL Taekwondo & Weapons Classes are hosted at Silverlake,
ALL Brazilian Jiu-Jitsu and Boxing Classes are hosted at Better Bodies

Frequently Asked Questions

1. What does the beginner sessions include? Beginner sessions include 7-9 weeks of classes, 1 uniform, and a belt test during the last class of the session. Uniforms are ordered after enrollment closes and are usually received about half way through the program.
2. Do I have to enroll my children in a specific class? What does that mean? Yes. You can enroll your children in the Tues or Thur or Sun TKD or the Thur or Sat BJJ class or any 2 classes. When your children are enrolled in a specific class, they must always attend that same class every week. Any class your child plans to attend, he or she must be enrolled in. Contact Misty Laderer with questions about exceptions.
3. Can my child switch from one class to another? So long as there is an opening in the class enrollment, your child may be removed from any class and enrolled in a different day and time. This can take place during the white belt program as well as once a child is enrolled in the month to month classes.
4. How do my children continue to participate in the martial arts program after the first 8 week session? Your children can continue to participate in classes by filling out a Martial Arts Handbook and returning it to Misty Laderer at the front desk. Completion of the white belt program is not guarantee that they will be ready to perform at colored belt level. When they graduate, they will be enrolled in the colored belt class that corresponds to the day and time that follows the white belt class they were enrolled in. Monthly billing will take place for the duration that the participant remains enrolled in the program. All the prices on the front carry over to the monthly program enrollment. Billing happens on the 4th of every month, cancellation paperwork must be submitted 30 in advance. When a child advances from the white belt program to the orange belt class in the middle of a month, a prorated monthly charge will take place to account for the number of classes that child will participate in between the end of the 8 week beginner program and the next monthly billing cycle.
5. What if my children have taken classes elsewhere and are not beginners? Your children may automatically join the month-month martial arts program enrollment by completing a Martial Arts Handbook. There is an initial 2 month commitment, after which becomes open ended. They still must enroll in 1 or 2 classes. They will be expected to demonstrate proficiency for their belt level before being allowed to advance in rank. If they are unable to do so, instructors may suggest that they start in the white belt program.
6. I am an adult and/or my child is 14 years or older. How do we join? Adults and children 14 years or older can join the martial arts academy by filling out Martial Arts Handbook. There is a 6 month initial commitment, then the program enrollment becomes open ended. We offer single class enrollment and unlimited class enrollment for the adult classes, with which participants can attend any and all of the classes listed on the schedule that would correspond to your rank. Member and non-member rates correspond to prices listed on the front of this flyer. Program enrollment cancellation is subject to 30day written notice. Discounts for police and firefighters apply. Contact Misty Laderer for rates.

Other program notes:

- Participants continuing to participate in TKD classes from yellow belt rank and above are expected to enroll in 2 classes a week. All TKD participants from yellow belt rank and above are also expected to purchase sparring gear to use during TKD classes. Speak with your instructor or contact Misty Laderer about gear.
- Members not joining as part of the beginner program may purchase a uniform by contacting Misty Laderer to pre-order one 859-426-6064. Discuss with your instructor what size you should order.
- For members not in the beginner program there is a fee associated with testing. Fee is relative to testing rank. Speak with your instructor or Misty Laderer about testing fees.

Any other questions, please contact Fitness Director, Misty Laderer: 859-426-6064