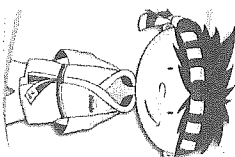


FALL 2015 LUNCHEE
MARTIAL ARTS PROGRAM



Back by popular demand... **Excel Martial Arts** (formerly Sun Hang Do) and the **AWESOME MR. BRYAN JANZEN** will be offering a lunchtime program for all students at Rochester. Excel Martial Arts teaches a positive "I can do it!" mental attitude while focusing on **Fun, Discipline and Manners**. Sessions are filled with laughter and everyone leaves with giant smiles on their faces!

Sessions are scheduled for **Mon and Wed (Nov 16-Dec 9)** and will start in the gym at the beginning of lunch. Participants will be divided amongst the two days once numbers are finalized. You will be notified of your day by email. Registration is limited and will be on a first come, first served basis. Students will receive one day of training per week.

THIS IS A VERY POPULAR PROGRAM SO PLEASE REGISTER EARLY TO ENSURE YOUR SPOT!!!

Students should wear gym shoes, comfortable clothing and should bring a water bottle.

Note: Students will be removed immediately if they display unsafe behavior.

Cost: **\$20 /child for 4 sessions**

All proceeds will go towards the Playground Improvement project.

To register, please return this form with cash or cheque **SECURELY** attached to the office before **Tues, Nov 10**

Cheques should be made out to Rochester PAC. Contact: rochesterstwapmeet@hotmail.com for more info.

* Please ensure all emergency contact information is up to date in the office *

Students First Name: _____ Last Name: _____ Grade: _____

Teacher's Name: _____

Parent / Guardian Email: _____ (PRINT CLEARLY!!)