



# SPRING 2016 LUNCHTIME MARTIAL ARTS PROGRAM



Back by popular demand...Excel Martial Arts (formerly Sun Hang Do) and the AWESOME MR. BRYAN JANZEN will offer 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 Wed and Fri (May 11-27th) and will start in the gym at the beginning of lunch. Please note all sessions are for grades K-5. Your child will get 6 sessions-that's two more than in past terms. Registration is limited and will be on a first come, first served basis. Students will receive two days 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 6 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 Mon, May 2, 2016.

Cheques should be made out to Rochester PAC. Contact: [rochesterswapmeet@hotmail.com](mailto:rochesterswapmeet@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: \_\_\_\_\_

(PLS PRINT CLEARLY!!)