



**FALL 2016 Lunchtime
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 Tues and Thurs (Nov 8-Dec 1) and will start in the gym after the eating portion of lunch.

K/1 students will be on Tuesdays. Grade 2-5 will be on Thursdays.

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 Hip Hop program and In-Class Initiatives.

To register, please return this form with cash or cheque **SECURELY** attached to the office before **Thurs, Nov 3**

Cheques should be made out to Rochester PAC. Contact: 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: _____ (PRINT CLEARLY!!)