

# American Freestyle Martial Arts

## Sessions:

**Fall 1 (10 weeks)** Sept 4-Nov 11

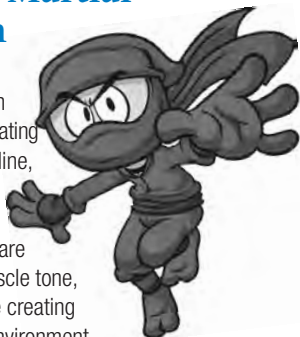
**Fall 2 (11 weeks)** Nov 12-Jan 27, 2019 (omit Nov 22, Dec 24, 25, 31, Jan 1, 2019)

**Winter (10 weeks)** Jan 28- Apr 7, 2019

**Spring (10 weeks)** Apr 8-Jun 16, 2019  
(omit Apr 21, May 25-27)

## Little Ninjas Martial Arts Program

Our introduction to the Martial Arts is for children 3-5 years of age concentrating on developing self-discipline, self-esteem, gross motor skills and increase attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun and encouraging environment.



### Little Ninjas - Age 3-5

Tues 5:30-6:15 pm

Thurs 5:30-6:15 pm

Sat 9:15-10:00 am

### Cost: (one 45 minute class per week):

	10 Weeks	11 Weeks
<b>Fitness Member</b>	<b>\$144</b>	<b>\$158</b>
<b>Tennis &amp; Program Member</b>	<b>\$160</b>	<b>\$176</b>

## Belt Trial \$69

- 4 weeks of unlimited classes.
- Ages 5-12, White/Orange/Yellow class times
- Ages 13 and Up, Adult/Teen class times



## Head Instructor

Master Kevin Todoroff (5th-Degree Black Belt)

Mr. Kevin Todoroff is a 5th degree Black belt and is a certified instructor in the AIKIA. He is also a 1st degree Black belt in the Joe Lewis Fighting System. He has 32 years of experience in the art and science of Martial Arts. His studies include knife and stick training, ground fighting, pressure points, kickboxing and women's self defense. Kevin has been teaching Martial Arts at The Sports Club of West Bloomfield since 1995.

**Camo and above are required to register for a minimum of two Belt Level classes per week.**

### White-Orange-Yellow (one hour class)

Mon 4:30 pm

Wed 4:30 pm

Thurs 6:30 pm

Sat 11:00 am

### Camo-Black (one hour class)

Mon 5:30 pm

Tues 4:30 pm

Wed 5:30 pm

Thurs 4:30 pm

Sat 1:00 pm

### NEW! Sparring Camo-Black

Wed 6:30 pm

### Adult-Teen Age 13 & Up (one hour class)

Tues 6:30 pm

Thurs 7:30 pm

Sat 10:00 am

### All Ranks - Youth (one hour class)

Mon 5:30 pm

### Fun Fitness (one hour class)

Mon 6:30 pm

Fri 4:30 pm

Sat 12:00 pm

### Cost: (one hour class):

	10 Weeks	11 Weeks
<b>1 Day Per Week</b>		
<b>Fitness Member</b>	<b>\$180</b>	<b>\$198</b>
<b>Tennis &amp; Program Member</b>	<b>\$199</b>	<b>\$219</b>
<b>2 Day Add</b>		
<b>Fitness Member</b>	<b>\$105</b>	<b>\$115</b>
<b>Tennis &amp; Program Member</b>	<b>\$115</b>	<b>\$126</b>
<b>3 Day Add</b>		
<b>Fitness Member</b>	<b>\$70</b>	<b>\$77</b>
<b>Tennis &amp; Program Member</b>	<b>\$77</b>	<b>\$85</b>

Private Instruction	1/2 hour	1 hour
Kevin Todoroff	\$35	\$60

### Private Clinics with Kevin Todoroff (1 hour)

Number Of Students	2	3	4	5	6
Fees Per Student	\$33	\$24	\$20	\$17	\$15

