

Hello Rio Terrace Community Members!

I am happy to let you know of a great program that is starting this fall in our community. It is a Japanese Ju-Jitsu class called "Women Warriors."

Who is this class for?

This class is for 6-8 year old girls and their parent/guardian.
The parent/guardian is **REQUIRED** to be there and participate in the class.
This class has a maximum enrolment of 10 girls (plus the 10 parents).

What will our girls and parents gain from this class?

This Japanese Ju-Jitsu class is designed to empower our little ladies and create a bonding activity with a parent/guardian.

Besides learning a great martial art, the girls and parents will be active and engaged in a fun social setting where learning happens for the body and the mind.

Where:

Rio Terrace Community Hall (15504-76 ave).

When:

Tuesdays @ 5:30 - 6:30 pm

September		October				November				December			January			
22	29	6	13	20	27	3	10	17	24	1	8	15	12	19	26	
February		March				April			May			June				
2	9	16	23	1	8	15	22	12	19	26	3	10	17	31	7	14
(Summer schedule will be discussed with enrolled families. We understand that soccer is starting in May and we would like to accommodate this activity)																

Why:

This class will teach our girls about confidence, self respect and self-defense. In addition, the great relationships we have with our kids will be enhanced by the interactions between the instructor and the parents. Parent involvement also models life-long learning for our children.

Cost:

\$40 per month for each child. No fee for the parent.

How Can I Sign Up for This Program That Will Surely Fill Fast?

If this is a program you are interested in please call
Lance Burns @ 780-906-5277 to sign up.

There are only 10 spots available.

Rio Terrace Community League Japanese Ju-Jutsu Registration Form

Important Notes: <ul style="list-style-type: none">• Registration for this program is a first come, first served basis. There are only 10 spots.• You must register for the full year (Sept. – June)• Registration is complete when post-dated cheques and your form are received	To Register: <ul style="list-style-type: none">• Confirm an opening in the program by calling or texting Lance Burns, 780-906-5277.• Complete and email the registration form to lburns@shaw.ca• Submit 10 post-dated cheques
If you have further questions, please contact Lance Burns, 780-906-5277.	

Individual's Information		
Parent's Name:		
(First and Last – Please Print)		
Child's Name:		
(First and Last – Please Print)		
Child's age: 6 7 8		

Contact Information		
Mailing Address:		
Postal Code:		
Telephone Numbers	Home:	Cellular:
Email:		

Date of Registration: _____

Parent/Guardian Signature: _____