

# MARTIAL ARTS CONNECTICUT

## Why Martial Arts Connecticut

- ☑ **Relieve stress**
- ☑ **Build confidence**
- ☑ **Develop balance**
- ☑ **Improve discipline**
- ☑ **Learn self defense**
- ☑ **Enhance focus at school and work**
- ☑ **Improve athletic performance**
- ☑ **Year-round activity for all ages**



Martial Arts Connecticut offers expert instruction in Tang Soo Do Karate, a life art designed to fuel your body, mind and spirit.

**Get fit and stay fit with MAC**

**203.386.0433**



BODY      MIND      SPIRIT

Our Chief Instructor, Master Nancy Robinson, is a twenty-five year veteran of the martial arts and a certified 4<sup>th</sup> dan black belt in Tang Soo Do.

Martial Arts Connecticut promotes healthy life habits for body, mind and spirit. Get strong from the inside out with MAC.



[WWW.MACONNECTICUT.COM](http://WWW.MACONNECTICUT.COM)

MEMBER: CHEEZIC TANG SOO DO FEDERATION

## OUR EXCITING NEW LOCATION



**THE RINKS AT SHELTON**  
**784 River Road (Route 110)**  
**Shelton, Connecticut**

Expert instruction in martial arts for men, women and children

•Affordably priced•  
 less than \$10 per class

INVEST IN YOURSELF TODAY!

[WWW.MACONNECTICUT.COM](http://WWW.MACONNECTICUT.COM)

**203.386.0433**

## Class Schedule/Session Dates

Martial Arts Connecticut promotes healthy life habits for body, mind and spirit. We have a schedule of convenient classes to meet your busy lifestyle needs. Classes meet twice per week, year round.

WEDNESDAYS	
Children's Karate (ages 5-7)	5:30-6:00 pm
Beginner/Intermediate Karate (ages 8-adult)	6:15-7:05 pm
Advanced Karate	7:15-8:15 pm
SATURDAYS	
Children's Karate (ages 5-7)	9:00-9:30 am
Beginner/Intermediate Karate (ages 8-adult)	9:45-10:35 am
Advanced Karate	10:45-11:45 am

Prices are per student, per eight (8) week session. Each session includes sixteen (16) classes.

Children's Karate: \$155  
 Beginner/intermediate Karate: \$159  
 Advanced Karate: \$159

A FULL REGISTRATION PACKET MUST BE COMPLETED FOR EACH STUDENT.

Registration packets may be obtained in class on your first day. Please arrive ten minutes early to receive your packet.

**203.386.0433**  
**www.maconnecticut.com**

Students enroll by session.

Each session includes sixteen (16) classes and is eight (8) weeks long.

Session <b>A</b>	7/8/09-9/2/09
Session <b>B</b>	9/9/09-10/31/09
Session <b>C</b>	11/4/09-1/6/10
Session <b>D</b>	1/13/10-3/6/10



Call or email with questions

robinson@maconnecticut.com

203.386.0433

Thank you for choosing Martial Arts Connecticut

**Get fit and stay fit with MAC!**

## Martial Arts Connecticut MAIL-IN REGISTRATION FORM

Please check the box(es) for your class category. Complete the form and mail it with a check\* for the full amount payable to: **MARTIAL ARTS CONNECTICUT, P.O. BOX 830, STRATFORD, CT 06614**

- Children's Karate (ages 5-7)  
 Wednesday 5:30-6pm \$155.00  
 Saturday 9-9:30am
- Beginner/Intermediate Karate (ages 8-adult)  
 Wednesday 6:15-7:05pm \$159.00  
 Saturday 9:45-10:35am
- Advanced Karate  
 Wednesday 7:15-8:15pm \$159.00  
 Saturday 10:45-11:45am

Total Due: \_\_\_\_\_

Write in your session (A/B/C/D) \_\_\_\_\_

**Family Special:** Enroll two family members, the third is free!

Student Name(s) \_\_\_\_\_

Student Name(s) \_\_\_\_\_

Student Name(s) \_\_\_\_\_

If minor(s), parent/guardian name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**\*If your check is returned by the bank for non-payment, there will be an additional \$40 fee.**