

Jerabek's *'More Than Martial Arts'*
is ready to keep our students

FIT and FOCUSED!

Session: 10/5 – 11/20

THREE PROGRAMS TO CHOOSE FROM!

PROGRAM 1: KICKSTART THE DAY!

Is your student an early riser? Are you looking to get them focused for the day, instead of on their device?

Monday, Wednesday, and Friday: 7:30 – 8:00 am

This structured program is for all ages and starts with a wake up warm up, followed by a cool karate lesson and ends with a 'Mindful Minute' to help your child get focused for a successful day!

PROGRAM 2: Karate Moves & Life Skills!

Is their day done, but not yours? Wanting less time on their devices and more time being active and social?

TK- 2nd: Monday and Wednesdays: 4:30 – 5:15 pm

3rd- 5th: Tuesday and Thursdays: 4:30 – 5:15 pm

This structured program starts with a brief workout, followed by a more in-depth karate class and ends with a 'Life Skills Lesson' to help maintain discipline in all areas of life!

PROGRAM 3: Train Your Way!

Can't decide? Want flexibility for your schedule? Want to start and end their day with activity and engagement?

COMBINE PROGRAM 1 and 2 for twice the activity, twice the focus, twice the socialization, twice the discipline, twice the FUN

PROGRAMS 1 & 2:

ONLY \$165

PROGRAM 3:

\$285

**TWICE THE PROGRAM
LESS THAN TWICE THE
PRICE!**

NO SKIP DAYS!

MULTIPLE CLASSES!

**CLASSES HAVE BEEN
PROFESSIONALLY
CREATED TO
MAXIMIZE ONLINE
TRAINING BENEFITS &
KEEP KIDS ENGAGED!**

TO REGISTER:

**CONTACT SENSEI
STEFANIE AT:**

4s@ussd4sranch.com

**Indicate student's
grade and which
program you are
interested in!**

**We will send you
instructions and a
registration form!**

**Want to find out about
our school and
philosophy? Go to
ussd4sranch.com**

