

Please Note: The Northshore, Snohomish, and Edmonds School Districts have neither reviewed nor approved the program, personnel, activities, or organizations announced in this flier and undertake no responsibility to supervise these events. The participants agree to protect, indemnify, and hold harmless the districts, their elected and appointed officials, employees, agents, staff and volunteers, from any and all claims, liabilities, damages, expenses, or rights of action, directly or indirectly attributed to the activities. Permission to distribute this flier should not be considered a recommendation of the program by the school districts. This is not a district-sponsored or endorsed event.



Tiger Kids/Family Martial Arts

2018



Willis Tucker Park 6705 Puget Park Dr. Snohomish / **Mill Creek Community Room** 15728 Main St. Mill Creek

FITNESS WITH A PURPOSE. Improving Fitness, Strength, Flexibility, Coordination while having fun! Great for all ages and abilities.

***Focus *Self-discipline *Listening skills *Self-Control *Overall Stress *Self-confidence *Goal-setting**

TIGER KIDS/FAMILY MARTIAL ARTS

Learn self defense, forms (katas) and weapons in a fun, progressive learning environment. The classes are perfect for all ages. **Discounts for families when parents (aunts, uncles, grand-parents) participate with their kids.** The step-by-step training improves fitness, strength and coordination.

Tuesday 6:30—7:15pm Spring 4/17 8 Weeks \$95
Willis Tucker Park Summer 6/19 8 Weeks \$95

Friday 4:45—6:00pm Spring 4/20 8 Weeks \$95
Mill Creek Tiger Kid 7and up Summer 6/22 8 Weeks \$95
 15728 Main St. Mill Creek reg. only at cityofmillcreek.com/register

TINY TIGER CLASS

A fun, less intense 30 minute class for 4 to 6 year old kids. Through games & training aids, kids learn basic Kung Fu & Taekwondo type training, improving focus and listening skills. Tiny Tigers have fun, improve motor skills and confidence with bag kicking and padded sword sparring.

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ADULT & TEEN KUNG FU / ESKRIMA

A class geared for all ages, abilities & fitness levels. Kung Fu is the Martial Arts style of Bruce Lee, Ip Man and Jackie Chan. Eskrima is a Filipino based self defense system using empty hands and weaponry. Progressive training improves strength, flexibility, stamina and coordination. Mental focus and acuity improves through learning empty hand forms and a variety of weapon forms. The class is organized for best productivity, so Beginner or Black Belt, you train with similar level, at your pace. This is a great class for family or friends to do together. **When two sign up, the third is free!**

Tuesday 7:30—8:30pm Spring 4/17 8 Weeks \$95
Willis Tucker Park Summer 6/19 8 Weeks \$95

- **Tiger Kids / Family Martial Arts** is a non-profit organization dedicated to preserving the arts, educating and training youth for a better future. Website: www.tigerkid.com
- New Students receive a free white belt.
- There is \$14 AAU annual fee collected at start of first session for membership & additional insurance. Adult students may do this online at www.aausports.org.
- Limited scholarships may be available.

Classes are offered in partnership with Snohomish County Parks and Recreation.

SELF DEFENSE WORKSHOPS AGES 10+

Do you know how to defend yourself? What would you do if someone tried to attack you? This workshop could help save your life! Identify strengths and weaknesses in a fun safe environment. Learn about your natural weapons, zoning, awareness, proper body mechanics and more. This workshop is for teens, adults and seniors of all fitness levels. 10 and 11 years olds can participate with participating parent. Workshops can be scheduled for groups and organizations at different times and dates.

Tuesday	April 24	7:15—9pm	\$30
Tuesday	June 5	7:15—9pm	\$30
Tuesday	August 7	7:15—9pm	\$30

Willis Tucker Park

WHAT GREAT FUN FOR A BIRTHDAY PARTY!!

MR. MITCH BRINGS THE KICKING BAGS, SPARRING GEAR AND GAMES FOR A PARTY TO BE REMEMBERED! POPULAR, UNIQUELY FUN & SAFE. CALL FOR AVAILABLE DATES. 425-774-2787



Instructor - Master Mitch Mayberry

- Over 35 years teaching experience of multiple styles of martial arts: He holds Black Belts in 10 systems, national & international.
- ♦ Internationally Certified 9th Dan Master Instructor
- ♦ Certified Personal Trainer and Certified Aerobics instructor.
- ♦ Champion/Trained and certified in Asia in multiple systems
- ♦ Brings you the most well-rounded fitness and martial arts experience, all ages, experience and abilities.

Willis Tucker Park: Register at SnoCoParks.org 425-388-6600

Mill Creek: Must Register at cityofmillcreek.com/register

Willis Tucker OK Register at first class with check.

Pay as you go. Contracts are never required.

Order attire, videos and supplies at www.tigerkid.com

For more information: www.tigerkid.com

Mitch Mayberry 425-774-2787