

8/09

Alpha UPKUDO

Karate & Fitness Training for 6 yrs & up "Fit Kids" After School



1412 FL GA HWY~514-4334

www.upkudo.com

Activities 5 days a Week

*Karate Class for Katas, Self Defense ,
Point Sparring & Stretching*

Obstacle Courses-Fitness Games-

Outdoor Games and Activities

Group Activities to work on

focus, discipline, respect,

social development and physical skills



Certified Trainers in fitness, martial arts and sports nutrition.

Your child will also will be taught *courtesy, kindness, responsibility respect* for themselves and others, *teamwork, self control, self discipline, goal setting.* We focus on enhancing the various levels of learning such as physical, emotional, social, cognitive, creative and moral development in a fun, positive and loving atmosphere. Monthly fee is \$225 a month for the first child (\$200 for each additional child) for Canopy Oaks , Havana Elementary, and Springwood. North Florida Christian School, and Astoria Park .All students must pay \$75 annual registration that renews yearly. Camp hours are Monday through Friday on public school days. Openings are limited, so reserve your space for 2008-2009 enrollment. Evening Karate Classes start at 6pm so please have your child picked up before 5:45. You may pay an additional monthly charge for this evening training on Mondays, or Wednesdays for only \$50 a month more so they can stay until 7pm..



Payment for fit camps must be made prior to the 1st of each month.

Please provide your child with extra refreshments in their school lunch box The activities we have them do stir up quite a thirst and hunger.

We recommend water, fruits and high protein snacks. Private lessons

are available on an appointment basis and are an additional charge/

For more information or to sign up call 514-4334 or 566-4544.

You can also register on line at www.upkudo.com and mail or pay in

person your payment to Alpha UPKUDO, 1412 FL GA HWY Havana, FL

32333. or call the office with your MasterCard, Visa or you may pay by cash

or check. All prepayments for 3 months are discounted 10% and

entire school year prepay is discounted 15%