



Forres February 2009

Fundraising

A big thank you to all the parents and kids who helped out at the bag packing event at Tesco's. You raised £528.92 Superb start to the campaign.

The bonus ball was won by Tracey Carpenter for week ending 24/1/09. She gets £25 and we have another £24 in the kitty. Don't forget to get your numbers each week, all in a good cause. Please see fund raising chart on wall to see your running total so far. If anyone has any other fundraising ideas please let us know.

Kickboxing exam

This will take place in Inverness studio on Sunday 22nd February. This will also be a Blackbelt exam for those concerned hence taking it to Inverness.

Instructors course

February 7th & 8th in Livingston.

Birthday parties

Martial art themed parties are available at weekends. These are also available to people out with the school. For more details please contact instructors

Parents Night.

Our first Parents Night will be Saturday 21st February. The concept is that you can leave your children at the studio from 6pm-11pm. You can have a kids free evening, cinema, meal, etc and we will have a games and movie night with the kids. Please ask for further details. They can also bring a friend for free!

Competitions

We will be hosting a local competition in Forres on the 7th or 21st March. Final date to be confirmed.

Cardio classes

We still have a few places available in our cardio classes for those interested on a Tuesday, Thursday and Friday.

Korean Kickboxing

Spaces are also available in this class

Taekwon-do

Spaces in all classes, Ninjas, Kickin Kids, Advanced Kids and Adults are all limited