

Martial Arts/Muaythai/Self Protection

Timetable of children's classes (5 – 16 years)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
From 3:45pm – arrive – supervised warm up – ready to start the class at 3.55pm					
3.55pm – 4:35pm	3.55pm – 4:35pm	3.55pm – 4:35pm	3.55pm – 4:35pm		9:30am – 10.30am
MIGHTY DRAGONS (5 - 8 yrs) LITTLE DRAGONS (8 - 12 yrs)	MIGHTY DRAGONS (5 - 8 yrs) LITTLE DRAGONS (8 - 12 yrs)	MIGHTY DRAGONS (5 - 8 yrs) LITTLE DRAGONS (8 - 12 yrs)	MIGHTY DRAGONS (5 - 8 yrs) LITTLE DRAGONS (8 - 12 yrs)		Saturday classes are combined adult / kids' classes
From 4:20pm – arrive – supervised warm up – ready to start the class at 4:35pm					
4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm	4:30pm - 5:30pm	Saturday classes are a part of the children's program if your child is 12+, attends with a partner, and has at least one terms training.
LITTLE DRAGONS & DRAGONS Beginners (<Level 4)	LITTLE DRAGONS 8 - 12 Years All Levels	LITTLE DRAGONS & DRAGONS Beginners (<Level 4)	LITTLE DRAGONS 8 - 12 Years All Levels	Advanced Kids Sparring Class Invite Only	
4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm	4:35pm – 5:25pm		
LITTLE DRAGONS & DRAGONS Intermediate Class (Level 4+ or Invite)	DRAGONS/ TEENAGERS 12 – 16 Years All Levels	LITTLE DRAGONS & DRAGONS Intermediate Class (Level 4+ or Invite)	DRAGONS/ TEENAGERS 12 – 16 Years All Levels		
5:30pm – 6:30pm >>> Mon – Tue – Wed - Thurs					
Little Dragons and Dragons graded Level 4 and above, or are invited, can do adult classes at this time if they have a suitable partner and are approved by the coach to attend. DRAGONS WHO ARE 14 ARE ALLOWED TO DO ADULT CLASSES REGARDLESS OF LEVEL (You must also have a Youth Membership to attend these classes on a regular basis).					

PRICES FOR CHILDREN'S CLASSES & PARENT FIT (per school term)

CLASS TYPE	PAY IN ADVANCE PER SCHOOL TERM
Mighty Dragons (5 to 8 Years)	\$225.00 up to 2 classes a week (Recreational Training)
Little Dragons (8 to 12 Years)	\$300.00 up to 4 classes a week (Sport Training)
Dragons (12 to 16 Years)	Adult classes and unlimited training require a YOUTH membership (School holiday training (if eligible) is \$12.00 a class or \$35.00 a week)
PARENT FIT CLASSES Any 4.40 fitness class (Mon – Fri) or own training during any kids' class.	SAME PRICES as PER CHILDRENS for FREQUENCY OF TRAINING (School Term Only – own training counts as 1 class) (School holiday training is \$20.00 a class or \$50.00 a week)

- A start up pack of \$100.00 is required on joining Mighty Dragons (on moving to LD's, shin guards are required + \$15).
- A start up pack of \$110.00 is required on joining Little Dragons and Dragons. Gloves, shorts, shirt, shin guards included.

Recreational Training: This is for kids who want to do the program for fun and fitness whilst learning some self-defence and Muay Thai as a life skill and activity. It is suited for kids who can only train 2 times a week and do other activities as a sport.

Sport Training: Sport training is for kids who elect to the program as their main sport or in conjunction with another serious sport. It is for kids who train a minimum of three times a week. For children who want to grade to Level 4 and above they need to do this type of training to get the skills and fitness improvement required.

Competition Training: This level is required for any child wishing to compete. Youth membership is required. Competition regime also requires out of class training, physical homework every class and extra fitness training as required by the coach. Intermediate classes are compulsory. This is most suited to children at or above Level 4 who want a greater challenge.

The first class is FREE for children. This class is a trial for you, your child, and us to ensure the program is suitable for your child. Please ensure you arrive at least 15 minutes before your first class.

Joining: New children can only be accepted into the program in the first half of a school term.

Parents: We conduct fitness class at 4:40pm for parents to get a workout while the kid's train. Adults can get a PARENT FIT membership that is the same price as the kids for this time slot. If you want to do other classes on the regular timetable you require an adult membership. You can also do your own training in the fitness room between 3:50pm and 5:30pm.

General Information: The children's classes are either broken up by age group to better cater for the learning differences of the children or by the experience level of the children. All programs are a developmental system designed to teach, motivate, and inspire children to learn self-discipline, diligence, good behaviour, effort, confidence and to develop self-esteem in a SAFE environment. Classes also include an element of learning to be mentally strong, resilient and to harden up and have a go. Kids are taught to stand up for themselves and be proud whilst learning respect and good behaviour. There are no participation trophies and you must earn your gradings through effort, ability, and attendance.

Classes utilise the techniques of Muaythai, Kickboxing, Boxing, Wrestling, and real-world self-defence, as the physical medium to develop skill and fitness in a group development environment. Our combat sports training is the most practical and honest training in martial arts your child can achieve. Kids will learn to do fitness exercises plus to punch, kick, fall and wrestle. Children also learn appropriate use of force and a strict code of conduct that ensures a mature approach to martial training. The classes are organised, structured and follow a deliberate curriculum for each student to develop their fitness, skills, and character. It is a uniformed program with a practical and modern learning environment.

There is a grading system that is designed to suit age groups and rewards attendance, attitude, and ability. But predominately the training is designed to be enjoyable and positive. So that if the students are dedicated and persist, they will earn their gradings! Every class has skill development, partner work, application, drill's, and fitness that will be challenging. Grading are ability and effort based and it is a 'keep up' program.

Phoenix classes are conducted in a disciplined and safe learning environment. Run by coaches, both male and female (who all have a WWVP Card), who value and reward participation, effort, honesty, and diligence. All children who participate in Phoenix classes learn new skills, meet new friends, and develop enhanced self-esteem and confidence. The classes are positive; however, the coaches develop your child by teaching them hard work and not to quit or be slack. Children are taught to stand up for themselves and to always be respectful, to not quit and that hard work is rewarded with satisfaction and self-respect. We demand effort and do not tolerate laziness, whinging, disruption, excuses, or lack of effort.

Phoenix classes are a developmental program that requires persistence and diligence for them to work effectively. Please discuss with your child the commitment required before joining and once you have joined, persist with coming to classes even on the days your child (or you) do not feel like it. Everyone leaves happier and better for the experience after training. As parents and carers, please set an example and try hard to come regularly, despite how hot it gets, how cold it gets, or how busy you get. Being fit and healthy requires diligence for it to develop as a lifestyle habit. All classes have physical contact between children, this is a contact sport and we build the intensity as your child develops.

MIGHTY DRAGONS: General Martial Arts, fitness, and coordination (5 – 8 years)

There is no grading for this age. We use a merit badge system and focus on fundamentals.

LITTLE DRAGONS: Martial Arts focusing on MUAY THAI - KICKBOXING – SELF PROTECTION (8 – 12 years)

Classes follow a graded development system. Badges can be earned for achievement, effort, and improvement.

DRAGONS: Martial Arts focusing on MUAY THAI - KICKBOXING - SELF PROTECTION (12 – 16 years)

This age is like an Adult class with concepts and techniques suitable for teenagers. It is pitched at a critical age of development for growing bodies, personalities, and athletic ability. The classes are developmental, physically challenging, strict and require teamwork as well as individual effort. There is a lot of partner work, basic repetition, and fitness.

SELF PROTECTION – Information sessions for children and adults – 40 minutes (times TBC)

Each terms training includes 1 theory lesson on self-protection for children. One pitched at kids (11-17 years) and a separate one pitched at adults with kids (5-17 years). The session's covers:

Red flags kids/adults should learn, grooming, predators, child abuse realities, real life self-defence, awareness training and knowledge to help everyone to never be a victim.

www.phoenixgym.com.au Any enquires: 1300 GO PHOENIX or info@phoenixgym.com.au