



SDSS Martial Arts



Over the course of the next 4 sessions, the children will be learning the fundamentals of Martial Arts. The classes will be high energy and fast paced working on 1500-year-old authentic Shaolin movement, presented in a modern way. The classes will have basic punches/kicks/blocks, but our life skills program will be the underlying lesson. Our life skills program includes five core principles; Respect, Self-Respect, Self-Discipline, Patience, and Honesty.

The children will be able to intermingle alongside other students during group classes. Any class that is missed may be rescheduled with instructor for later a session.

General Program Information

For children ages 4- 7:

Session 1:	Friday	April 5 – May 17	4:15 – 5:00pm	ages: 4 - 7
Session 2:	Friday	May 24 – June 28	4:15 – 5:00pm	ages: 4 - 7
Session 3:	Friday	July 12 – Aug. 16	4:15 – 5:00pm	ages: 4 - 7
Session 4:	Friday	Aug. 30 – Oct. 4	4:15 – 5:00pm	ages: 4 - 7

**off the week of spring break

Location: 1019 Post Road East, Westport, CT -- (203) 221-1000

CANCELLATION LINE

To keep up to date on program cancellations due to inclement weather, please call our **cancellation line, (203) 341-5074.**

EQUIPMENT

An official SDSS Uniform will be included with your registration, along with an official SDSS White Belt. Both should be worn to class.

DROP OFF AND PICK UP

For parents who have children in the program, we ask that you be prompt and adhere to the beginning and ending times of the program. Consistent lateness in either dropping off or picking up is cause for the child's dismissal from the martial arts program. This program meets at SDSS Martial Arts 1019 Post Road East, Westport, CT 06880.

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are cause for immediate dismissal from the program with no refund.
- At the end of each class, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child if they are a participant.