



Welcome to the Po Chi Lam Training Center, Inc.

We offer classes in Hung Gar Kung Fu and Sup Sau Pai Kung Fu – including Chinese Weapons, Chinese Kick Boxing (Sanshou), Self-Defense, and Traditional Forms.

We also provide additional classes in Cardio-KickBoxing, Zumba and Yoga.

Our classes are available to persons of all ages; whether they are beginners who wish to learn the art self defense, or those who wish to pursue the martial arts to gain a deeper understanding of control and self.

Classes are designed to give each student individual attention to meet their own goals as well as excel in their physical, mental and spiritual wellness.

WHAT TO EXPECT

The idea is simple.

You want to learn.

We love to teach.

We give you a free trial class to decide.

If you value what we offer - come back, if not good-bye.

Do not expect a follow-up call.

We will not chase you or harass you – the decision has to be yours.

If you're interested in what we have to offer, we are ready to teach and help you reach your goals.

Do not ask us to negotiate our fees –

unless you are ready to negotiate your results.

IT'S THAT SIMPLE.

2010 CLASS SCHEDULE

Session 1:	January 5 - February 28
Session 2:	March 1 - April 24
Session 3:	April 26 – June 26
Session 4:	June 28 – August 28
Session 5:	August 30 – October 23
Session 6:	October 25 – December 18

Memberships are provided on an individual basis. Our classes are offered at a very affordable and competitive rate and so no further group or family discount is available. Thank you.



CLASS TIMES – EFFECTIVE JANUARY 1, 2010

Youth Kung Fu Classes I (Ages 5 – 8)

\$60.00 per month

TIMES	MON	TUE	WED	THUR	FRI
5:40 PM – 6:30 PM	Basics Class		Basics Class		
TIMES					SAT
10:30 AM – 11:30 AM					All Ages

Youth Kung Fu Classes II (Ages 9 – 15)

\$60.00 per month

TIMES	MON	TUE	WED	THUR	FRI
6:40 PM – 7:30 PM	Basics Class		Basics Class		
TIMES					SAT
10:30 AM – 11:30 AM					All Ages

***Youth Kung Fu Sparring Classes (Ages 5 – 15)**

TIMES	MON	TUE	WED	THUR	FRI
6:00 PM – 7:30 PM					Sparring

Adult Classes (Ages 16 and Up)

\$75.00 per month

TIMES	MON	TUE	WED	THUR	FRI
6:30 PM – 8:30 PM		Basics Class		Basics Class	
TIMES					SAT
12:00 PM – 1:00 PM					Basic Class
TIMES					SAT
1:00 PM – 2:00 PM					Sparring

Women’s Kick-Boxing Classes (Ages 16 and Up)

30.00 per month – One/Both programs

TIMES	MON	TUE	WED	THUR	FRI
7:45 PM– 8:45 PM	Core				Core

ZUMBA/YOGA Classes

TIMES	MON	TUE	WED	THUR	FRI
7:30 PM – 8:30 PM			Zumba Fitness		
TIMES					SAT
10:00 AM – 11:00 AM					Zumba Fitness
TIMES					SUN
2:00 PM – 3:00 PM					Zumba Fitness

There are no refunds given after the second class for each program. There is a \$10 administrative fee applied to all refunds.

KUNG FU REGISTRATION FORM

A. BUYER INFORMATION

Last Name	First	Address	City	State	Zip
Contact Numbers	Home ()		Work Phone ()		
E-mail Address					

B. EMERGENCY CONTACT -

Contact Name: _____	Relation: _____
Address: _____	City: _____ Zip Code: _____
Phone: (day) _____	(evening) _____

C. STUDENT INFORMATION

#	First Name	Last Name	Birthday	Age	Class		Session Fee
1							
2							
3							
4							

Total Due =\$ _____

+ **Registration Fee \$30.00** * _____ =\$ _____

D. RELEASE AND WAIVER OF LIABILITY

I recognize that I am enrolling in classes at the Po Chi Lam Training Center, Inc., a martial arts learning facility, and the primary focus of these classes is for instruction in personal self-defense and protection methods using a combination of modern and traditional martial arts techniques and fitness courses.

I understand that the training, instruction, and/or lessons provided could involve light to strenuous physical activity and physical contact with other students may occur.

I understand that the instructors take reasonable care to prevent accidents and minimize injuries for all students. It is my responsibility to obey the rules and regulations of the school that will help minimize these risks. **I understand the risks involved and I give my permission for the above listed students to participate in the martial arts classes and activities provided by the Po Chi Lam Training Center, Inc.**

I understand that “the Center” takes reasonable care to prevent accidents and minimize injuries. But it is my responsibility to obey the rules and regulations of the school that will help minimize my risks. **No member shall practice any contact sparring or self-defense techniques without the direct supervision of a qualified instructor.**

Buyer Signature: _____ Date: _____