



Dear Parents,

After our taster sessions this week, IMA Rising Stars are delighted to be teaching kickboxing this coming Spring term at Upton Junior School.

- **Monday 12th January – Monday 16th March (9 weeks)**
- **No class Monday 16th Feb**
- **3.15pm – 4.15pm**
- **£90.00**
- **Split payment option available over three months. (If you would like this option please email)**
- **Maximum 16 students**

Our Kickboxing classes are safe, professional and fun and offer a variety of benefits for your children:

- **Improvement in general health and fitness including strength, balance, coordination, speed, agility and flexibility**
- **Opportunities for self-development including improved self confidence, focus, discipline and mental well-being**
- **Learning self-protection techniques and how to deal with bullying**

To book your child a place in the Kickboxing class, please log into your account via the following link and then enrol your child onto the Upton Junior School class.

<https://app.classmanager.com/portal/ima-rising-stars/register>

We regret that we are unable to teach any students who have not booked.

If you have any questions, please do not hesitate to email me at: info@imarisingstars.com

Kind regards,

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