



Martial Arts Program

Fun & Fitness for the whole family!



Martial Arts Training
+Fitness Training
+Fun
=
Healthy mind & body
Improved coordination
Improved strength
Focus and discipline
Self-confidence
Listening Skills



Contact:
Mitch Mayberry
(425) 774-2787
www.tigerkid.com
Pre register with the
City of Mill Creek at
www.cityofmillcreek.com

Free white belt to new students

Contact
City of Mill Creek:
(425) 745-1891
www.cityofmillcreek.com



FITNESS WITH A PURPOSE

Classes Affordable and No Contracts!	Time	Location	Session Start Dates
Tiny Tigers (4-6 years) A less intense, 30 min, fun class.	Tiny Tigers: Friday @ 4:15 - 4:45pm	Mill Creek City Hall Annex 15270 Main Street Suite 130 (425) 745-1891	Fridays: 9/12 - 10/24 11/7 - 12/19 (no class 11/28, make-up on 11/25)
Tiger Kid Martial Arts(6 & up) Learning Karate, Taekwondo & Kung Fu You can earn belts. Colored Belts	Beginner Belts: Friday @ 4:55 - 5:35pm Colored Belts: Friday @ 5:35 - 6:15pm		
Adult & Teen Kung-fu/Eskrima & Wing Chun: self defense & fitness, low impact for all levels	Adult Kung-Fu: Friday @ 6:30 -7:15pm	Non-Resident Fee: \$86 Resident Fee: \$75	Fridays: 9/12 - 10/24 11/7 - 12/19 (no class 11/28)

The Tiger Kids is a non-profit organization dedicated to educating and training youth for a better future. Classes are offered in partnership with the City of Mill Creek Parks & Rec Dept. *Beginner's classes last 45 minutes. New students receive a free white belt, except mini session. Please note: there is a \$14 annual AAU fee collected at the start of the first session attended.

Your instructor, Master Mitch Mayberry:

Over 30 years experience teaching martial arts to all ages

- Has studied multiple styles to advanced black belt levels
- Is a Certified Personal Trainer and aerobics instructor
- Holds black belts in 10 systems/National/International
- Champion/Trained & certified in Asia in multiple systems
- Can bring you the most well-rounded fitness and martial arts experience no matter what your age or ability.



“The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.”

Limited Scholarships Available