

# 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](http://www.tigerkid.com)

Pre register with the  
City of Mill Creek at

[www.cityofmillcreek.com](http://www.cityofmillcreek.com)

Limited scholarships are available

Free white belt to new students


8 Week Sessions:

\$85 for Residents

\$98 for Non-Residents



FITNESS WITH A PURPOSE

Classes Affordable and No Contracts!	Time	Location	Session Start Dates
<b>Tiny Tigers (4-6 yrs)</b> A less intense, 30 min, fun class.	Friday 4:15pm 4/18 & 6/27	<b>Mill Creek City Hall Annex</b> 15270 Main St. (425) 921-5779 <a href="http://www.cityofmillcreek.com">www.cityofmillcreek.com</a>	<b>Tuesdays:</b> 4/15 - 6/3 6/24 - 8/12
<b>Tiger Kid Martial Arts(6 &amp; up)</b> Learning Karate, Taekwondo & Kung Fu You can earn belts. <b>Colored Belts</b> (Tuesdays 4:30-5:30, Fridays 5:35-6:15)	Tuesday/4:30pm starts 4/15 & 6/24 Friday/4:55pm Starts 4/18 & 6/27  Friday/5:35pm Starts 4/18 & 6/27		
<b>Adult &amp; Teen Kungfu/Eskrima &amp; Wing Chun:</b> self defense & fitness, low impact for all levels	Friday 6:30pm 4/18 & 6/27		<b>Fridays:</b> 4/18 - 6/6 6/27 - 8/15

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