



Dear Parent/Guardian

Your child/children have taken part in a knee high ninjas lesson today. We specialise in martial arts lessons specifically designed for children. Following the success of our after school club at Markeaton, we are pleased to now offer a new morning club at the School, starting on Monday 2nd March. Initially for 5 weeks taking us all to the half term Easter holidays. We plan to come in every Monday during term time, for one hour prior to the school day starting. Please note breakfast will NOT be offered by ourselves so please ensure your child/children have had breakfast before they arrive.

We've all had a great time practising some self defence, and playing some games. I wanted to share with you the 5 reasons we believe children benefit from learning martial arts with knee high ninjas;

1. It will help build your child's confidence, making new friends and talking to others.
2. They will learn discipline, manners & respect through our life skills for kids program.
3. It will help with concentration, which in turn can filter into everyday life and more importantly school work.
4. Improve co ordination, through full use of the body. Improving speed, timing and accuracy.
5. Teaches the importance & benefits of being active and keeping fit.

Our lessons are £6 per child per week. Simply send Coach Matt a text to book your child into the lesson. He will arrange payment with you via his payment company Go Cardless. Lessons will be paid for per every half term so around every 6 weeks. The first payment is for the five lessons taking us to half term (Easter). So £30 in total. **No payment will be taken by Markeaton Primary School.**

Please call/text Coach Matt - [07917704403](tel:07917704403)

Kind regards

Matt Hainy
Knee high ninjas

www.kneehighninjas.co.uk

www.facebook.com/kneehighninjas

