



MUAY THAI FOR AT-RISK YOUTH

PROGRAM RATES

\$80 per week
for one weekly session

\$140 per week
for two weekly sessions

Training sessions are
75 minutes in length
and can accommodate up to
25 students per class.

FEES SHOWN ARE STANDARD RATES

We understand that some organizations
periodically face financial constraints.

Should this fee structure prevent
your youth from accessing our program,
please contact Kru James
to discuss optional methods of
payment and partnership.

Programming is delivered at our
downtown gym location:
225 Richmond Street West
Toronto M5V 1W2

After-school and summer programming available.

Our **experienced instructors** offer youth training in the discipline of Muay Thai. In a typical **75-minute class**, approximately half of the time is spent on cardio and core fitness; the other half is used for Muay Thai techniques and skills training, pad work and drills.

This training provides youth with access to **mentorship** and **physical fitness** with the opportunity for developing their own **leadership skills**. Students are armed with the knowledge to protect themselves in a situation demanding **self-defense** alongside the **self-discipline** to avoid physical conflicts in any other circumstance.

Help at-risk youth beat the odds by giving them a safe place to train their bodies, minds and spirits.

After school and holiday time slots are available.

Customizable programs can be developed in response to your organization's needs. Please **contact Kru James** for further information.

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