

2018 Christmas Newsletter

THANK YOU to all our students for training throughout the year, we are always very impressed with the standard displayed by everyone! Reflex students have been having a great year, with lots of success and we are looking forward to 2019.

CHRISTMAS PARTY: Saturday 15th December at 6.30pm

At the FRAT: Woodfire Pizza and Pasta. **\$35 per person, includes** - a mix of Italian pizzas, pasta & salad – a set menu. It is located in 11 Bourke St, Fairy Meadow.

KIDS / TEENS CHRISTMAS PARTY: Wednesday 19th December 4pm to 5.30pm.

At the Reflex Martial Arts Centre. Please come along for a great day of kid's martial art demos, food and drinks. All family and friends are welcome. No uniform needed.

STUDENT AWARDS 2018: Presentations at the Christmas party's! These awards recognize examples students set through attendance, effort, participation, leadership, attitude and respect for all Instructors, students & the Reflex Center.

GRADING: Have a look at our upcoming grading tests on the Reflex Website or Facebook.

ACHIEVEMENTS: It was a fantastic year for all Reflex students. Congrats to all who fought and graded throughout the year. We are very proud of all our students, keep up the good work! Good Luck to **Emily, Tara and Chris** going for their Black Belt in Dec/Jan.

COMING UP: 10 Reflex Students are attending a 9 day training camp at Sinbi Maui Thai, Phuket in JAN 2019. Also, we are hosting a REFLEX In House Tournament in March 2019!

KIDS / TEENS CLASSES: Last class is on **Monday 17th December** and starts back in **Term 1** on **Monday 4th February 2019.**

DECEMBER MEMBERSHIPS: Ezypay, monthly & personal training payments will be adjusted for Christmas break.

CHRISTMAS BREAK: **Closed 21st December / Re- open Wednesday 2nd January, 2019.** We wish you all a very Merry Christmas and a Happy New Year. We have a wonderful group of people here and your continued support and participation is appreciated.

See you back training in the New Year "WEDNESDAY 2nd JAN 2019"

Thank you - Master Dominic and Master Rosanna Lavelle
Reflex Martial Arts Centre www.reflexcentre.com.au

RE - ENROLMENT FORM for Term 1 / 2019

Last class is on Monday 17th December and starts back in
Term 1 on Monday 4th February 2019.

Child Full Name: _____ Age: _____

Contact Number: _____

Parents Full Name: _____

E-mail: _____

Please circle the classes that your child will be attending in 2019

Kids Kickboxing

Teens Kickboxing

Kids BJJ

Teens BJJ/MMA

Sticks

Teens Boxing

For students Level 1 and higher, it's important to train 2 to 3 times a week to achieve your belts! Please consider Unlimited training to learn different styles.

Christmas Party 2018 Attendance Note

My Child _____ will be attending our Christmas

Party at the Reflex Martial Arts Centre, Wollongong

Wednesday 19th December – 4pm to 5:30pm.

Please bring a plate of savory or sweets. All drinks will be supplied.

No of People attending: _____

2019 TEENS JANUARY School Holiday Training

For students 11 years and up, classes will focus on fitness, self defence & learning great skills. Students will also experience training with adult Reflex students, designed to build confidence. Please check our website for class times.

Starts 3rd January, \$50 for unlimited holiday classes or \$10 per class.