



Dear Parent / Carer

Activ8 Self Defence have been established 16 year and are one of the leading training providers in the North West, we will be starting a permanent self defence/Jujitsu club at Baines school.

The sessions will run during the school term. We pride ourselves on using a modern approach to our self-defence /martial arts programme and the benefits are:-

- stress management
- self control
- confidence building
- discipline
- physical exercise
- improved co-ordination and flexibility
- improved cognitive skills
- de-escalation of verbal and physical threats

The programme for Self Defence will run on a Tuesday from 3.00pm to 4.00pm starting on Tuesday 17th September 2019. They will need clothes such as their PE kit (or similar) and the session takes place in the dance studio. If your child is interested in taking part in the programme the cost will be £30 per pupil per half term. Please return the consent form to the school office as soon as possible.

Payment will be via Cash or BACS direct to Activ8 Self Defence, Sort Code 16-23-31 Account No: 10145181

Yours sincerely

Gary Standaloft

FInst SMM, MIC

AFTER SCHOOL CLUB APPLICATION FORM

Please fill out the following consent form completing all fields in relation to the person training.

Forename(s): Surname:

Address: Date of Birth:

Town: Home/Mobile 1:

Postcode..... Mobile 2:.....

Club Location Baines school Emergency Contact(2nd/3rd person):.....

Email Address:

Paid by BacsPaid by cash.....

You will be required to complete a full application form on the first week that your child attends one of our sessions. These can be given out during the first session. If you would like further details please contact us on: