



EAST MIDLANDS KICKBOXING INFORMATION PACK

Thank you for enquiring about our kickboxing classes, you are just a few steps away from making one of the most positive decisions of your life. Whatever your personal targets or reasons may be, fitness, weight loss or self confidence, we can help you achieve these goals. Within this information pack you will find details for all of our class locations including days and times, our prices and payment methods, what to expect from your first session and much more!

Before the Class - When you first arrive the instructor will introduce themselves to you and ask you to complete a simple form titled *Your First Session*. This form is purely for registration purposes and helps us comply with fire regulations within the centres that we hire.

During the Session - The instructor and other coaching team members will help you if you are struggling and will also periodically check in with you to make sure that you are okay and understand what you have been asked to do. We will do our best to ensure that you have an enjoyable and rewarding first experience.

Afterwards - We will have an informal chat with you which should take no more than a few minutes, during this time we will go through our prices and explain our payment options. We will also give you some paperwork to take home explaining all of this if you wish to come back to train with us on a more permanent basis.

We often get asked about our policy on sparring and contact levels, if you are not interested in the competitive aspects of the sport of kickboxing or sparring, you will never be forced to take part in such training. If however this is something that is of interest to you, you will be pleased to know that we hold regular fitness and sparring sessions which we know better as our *Fight Revolution Seminars*, all contact practiced is light and never full contact.

Our Classes

Ashby-de-la-Zouch, Leicestershire

Hood Park Leisure Centre,

Every Tuesday - 7.30pm to 8.30pm

Instructor - Susan Cox (2nd Dan)

Tel/Text **07956 180930**, E-Mail sue@emk-kickboxing.co.uk

Bramcote, Nottingham

The Bramcote Memorial Hall, Church Street, Bramcote, Nottingham, NG9 3HD

Every Thursday - 7.00pm to 8.00pm

Instructor - Joanne Maguire (3rd Dan)

Tel/Text **07976 551313**, E-Mail jo@emk-kickboxing.co.uk

Our Classes (Continued)

Carlton, Nottingham

The Carlton Forum Leisure Centre, Coningswath Road, Carlton, Nottingham, NG4 3SH

Every Monday - Children 7.00pm to 8.00pm, Adults 8.15pm to 9.15pm

Instructor - Dan Maguire (4th Dan)

Tel/Text **07968 031552**, E-Mail dan@emk-kickboxing.co.uk

Castle Donington, Derbyshire

The Orchard Primary School, Grange Drive, Castle Donington, Derby, DE74 2QU

Every Monday - 7.00pm to 8.00pm

Instructor - Susan Cox (2nd Dan)

Tel/Text **07956 180930**, E-Mail sue@emk-kickboxing.co.uk

Chilwell, Nottingham

The Chilwell Olympia Sports Centre, Bye Pass Road, Chilwell, Nottingham, NG9 5HR

Every Tuesday - 7.00pm to 8.00pm

Instructor - Dan Maguire (4th Dan)

Tel/Text **07968 031552**, E-Mail dan@emk-kickboxing.co.uk

Long Eaton, Nottingham

The West Park Leisure Centre, Whilsthorpe Road, Long Eaton, Nottingham, NG10 4AA

Every Wednesday - Children 6.15pm to 7.15pm, Adults 7.30pm to 8.30pm

Every Sunday - 11.00am to 12.00pm

Instructors - Dan Maguire (4th Dan) and Adam Bagshaw (4th Dan)

Tel/Text **07968 031552**, E-Mail dan@emk-kickboxing.co.uk

Loughborough, Leicestershire

The Loughborough Leisure Centre, Browns Lane, Loughborough, Leicestershire, LE11 3HE

Every Sunday - 6.30pm to 7.30pm

Instructor - Dan Maguire (4th Dan)

Tel/Text **07968 031552**, E-Mail dan@emk-kickboxing.co.uk



Our Prices

EMK Membership - £39.99

Kickboxing training t-shirt

Satin kickboxing trousers

Licence booklet (insurance)

Two weeks inclusive training*

Free access to on-line training

One off fee - No contracts at all

*After inclusive training monthly tuition fees apply

Monthly Tuition Fees - Once a week training*

Single person - £28.00 per month

Family discount 2 people £48.00 per month (£24.00 each)

Family discount 3 people £63.00 per month (£21.00 each)

Family discount 4 people £80.00 per month (£20.00 each)

*Unlimited training options are also available, please ask

Extra Costs - Any other costs involved are entirely optional, this may include seminars, extra training sessions, additional clothing, grading examinations and protective equipment. The only compulsory costs, should you choose to enrol, are the initial membership fee and continued tuition fee payments. **No contracts and no long term commitments!**

Your first class is **FREE**, simply arrive a little early ready to train in loose comfortable clothing (tracksuit bottoms and a t-shirt), we would also advise that you train barefoot. Bring a drink as we will allow time for a few brief drink breaks during the session. If you are coming alone we will make sure that you have a suitable partner to work with when required, however you are very welcome to bring friends and family along to try it out with you. We look forward to seeing you at one of our classes very soon.

Please note - Anyone under the age of 16 must be accompanied by an adult (ideally a parent or legal guardian) on the first occasion only.



WWW.EMK-KICKBOXING.CLUB

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