



## 2009 – 2010 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:45 – 7:45</b>	Muay Thai	Muay Thai	Sambo	Sambo	Open Mat		
<b>8:00 – 9:00</b>	Systema	MMA	Muay Thai	MMA	Team Shredder		
<b>9:15 – 10:15</b>	Sambo	Team Shredder	Systema	Team Shredder			

Official Classes will begin Aug 31<sup>st</sup>

## Fees (Fees and insurance coverage are valid from September 2009)

Each student must contribute to the liability insurance according to the level of contact. The fees are \$15/year for recreational members – non-sparring. For coaches and competitive athletes, anyone who does contact in their workouts, sparring etc., it is \$85.

Number of Classes	Year from Aug 31 <sup>st</sup> to June 30th	Monthly
1 class per week	\$225.00	\$30.00
2 classes per week	\$400.00	\$55.00
3 classes per week	\$525.00	\$80.00
4 classes per week	\$650.00	\$100.00
5 classes per week	\$750.00	\$120.00
Unlimited	\$875.00	

Per Class: \$15.00

Private lessons

Yves Charette: \$75.00/hr

Ask about his 5 or 10 lesson packages

Contact Yves ([yrcharette@borealc.on.ca](mailto:yrcharette@borealc.on.ca))

for details and to set up private instruction(s).

## Classes' descriptions

Class	Description	Mandatory equipment	Optional equipment
Muay Thai	Petchyindee Muay Thai is about developing the whole individual not just physically, but also mentally, to be open to new ideas and different ways of thinking. There are many ways to do everything. Just because it is different doesn't mean it's wrong or worthless. It is important for us to appreciate all martial arts and martial artists, but it should be noted that Muay Thai, when used correctly, is possibly the single most devastating martial art on the planet.	Mouth Piece, Muay Thai Cup, Boxing Gloves, Shin Guards	Head gear
Sambo	Has its roots in Judo and wrestling. Includes choke holds and other submissions – armbar, leg, knee and ankle locks...	Sambo or Judo Uniform	Groin and Ear protection
Systema	Combines strong spirit with extremely innovative and versatile tactics that are at the same time practical and effective. All tactics are based on instinctive reactions, individual strengths and characteristics.		Groin protection, Mouth piece
MMA	Learn to blend the techniques learned from the Sambo and Muay Thai Classes. you can also add something to make it more interesting.	MMA gloves, Mouth piece, Groin protection, boxing gloves, Shin guards	Ear Protection and Head Gear
Team Shredder	Experience the Psycho-logic way of fighting and competing.	Muay Thai cup, MMA gloves, Mouth piece, boxing gloves, Shin guards	Ear protection