

American Freestyle Martial Arts

TRY Our Belt Program

4 weeks of unlimited classes.
First-time students only. **\$69**
Refer to White Belt class times.



Summer Session: 11 weeks Jun 17-Aug 30
(Omit Jul 4. No classes Labor Day weekend.)

Summer Only Policy: You may prorate out up to two weeks for vacations. Must identify dates at registration.

Little Ninjas Martial Arts Program

Our introduction to the Martial Arts is for children 3-5 years of age concentrating on developing self-discipline, self-esteem, gross motor skills and increase attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun and encouraging environment.



Little Ninjas - Age 3-5

Tues	5:30-6:15 pm
Thurs	5:30-6:15 pm
Sat	9:15-10:00 am

Cost: (one 45 minute class per week):

Fitness Member	\$158
Tennis & Program Member	\$176

Martial Arts Camp Ages 6-14

Weeks offered: Jun 24-28, Jul 22-26, Aug 19-23
12:30-4:00 pm

Camp Director: Master Kevin Todoroff

This camp is designed for students with varying levels of ability.

Camp activities include:

Kicking Drills, Heavy Bag, Pads & Bar Kicks, Self-Defense, Stretching and Conditioning, Basic Submission Wrestling, Kick Boxing Drills, Dodgeball and Pacman.

Cost 1/2 Day:	Weekly
Fitness Member	\$150
Tennis & Program Member	\$163

Sports Camp is available with Martial Arts Camp from 9:00 am-12:30 pm for those campers wanting a full day of activities.

Cost 1/2 Day Sports Camp:	Weekly
Fitness Member	\$150
Tennis & Program Member	\$163

(Only available when attending Martial Arts Camp)



Head Instructor

Master Kevin Todoroff (5th-Degree Black Belt)

Mr. Kevin Todoroff is a 5th degree Black belt and is a certified instructor in the AIKIA. He is also a 1st degree Black belt in the Joe Lewis Fighting System. He has 32 years of experience in the art and science of Martial Arts. His studies include knife and stick training, ground fighting, pressure points, kickboxing and women's self defense. Kevin has been teaching Martial Arts at The Sports Club of West Bloomfield since 1995.

Camo and above are required to register for a minimum of two days per week.

White-Orange-Yellow (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Thurs	6:30 pm
Sat	11:00 am

Camo-Black (one hour class)

Mon	5:30 pm
Tues	4:30 pm
Wed	5:30 pm
Thurs	4:30 pm
Sat	1:00 pm

Adult-Teen Age 13 & Up (one hour class)

Tues	6:30 pm
Thurs	7:30 pm
Sat	10:00 am

Skill Set Review (one hour class)

Mon	6:30 pm
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Sparring (one hour class)

Sat	12:00 pm
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Cost: (one hour class, 11 weeks):

1 Day Per Week

Fitness Member	\$198
Tennis & Program Member	\$219

2 Day Add

Fitness Member	\$115
Tennis & Program Member	\$126

3 Day Add

Fitness Member	\$77
Tennis & Program Member	\$85

Private Instruction	1/2 hour	1 hour
Kevin Todoroff	\$35	\$60

Private Clinics with Kevin Todoroff (1 hour)

Number Of Students	2	3	4	5	6
Fees Per Student	\$33	\$24	\$20	\$17	\$15