



Eagling's Martial Arts and Fitness

Active Devils After School Program

Active Devils is a program designed to increase self-confidence and self-esteem and enable children to make the best of the opportunities available to them.

Active Devils provides a dynamic learning environment to help your child gain valuable learning, listening and life skills. It provides mental and physical development benefits that will assist your child at school and at home in a fun and safe learning environment.

Your child will learn methods for dealing with situations in life that involve aggressive and confronting situations. They will learn to identify high-risk environments and the ability to assess situations to avoid aggressive and dangerous people and places. They will gain Skills for life that will remain with them as a positive part of their development towards becoming a vibrant and capable adult.

Our high-energy classes are designed to keep kids fit, healthy and engaged with us to achieve strong mental and physical skills to take them into society with a strong and healthy lifestyle.

Active Devils classes include activities that kids love the most. Kicking, punching and jumping. High-energy drills that keep them actively engaged and motivated throughout our sessions.

Eagling's Taekwondo promote strong family and social values. Our students learn the values of respect, humility, loyalty, honesty and self-control with all our programs. We strive to make our students better people, the best possible person they can be in life.

The Active Devils program is divided into two specifically tailored programs for children. Active Devils (target group – primary school) and Teen Devils (target group – secondary school).

Each program runs side by side and has been designed with a syllabus suited to their physical and mental attributes specific to their age groups. We understand our younger players need specific guidance and attention to get the absolute best results for them.

Each program provides skills drawn from martial arts into a program that is fun and fast moving, geared to produce sound physical and mental skills. It is the ideal program to introduce your child to martial arts and provide a stepping-stone to progress into one of our full Taekwondo programs.

Active Devils runs in line with school terms at our Moonah Centre on Wednesday afternoons. Classes are 45 mins in duration.

Active Devils from 4.00 pm to 4.45 pm

Teen Devils from 5.00 pm to 5.45 pm

Cost of classes is \$15.00 per session or \$120.00 per school term.

There are no membership fees attached to the Active Devils program.

To book your child into the Active Devils program call Hugh or Angela Eagling on 1300 133 093.

Classes for term two will commence on Wednesday 27th April.

