

# KIDS CLASSES

**Spring Semester 2025**



## Rising Stars Muay Thai (Ages 4-6)

Respect - Teamwork - Fun

Children learn the fundamentals of Muay Thai through a series of fun and interactive activities, games, and obstacle challenges. Children improve coordination and listening skills in a friendly and encouraging environment.

## Shooting Stars Muay Thai (Ages 7-12)

Discipline - Confidence - Leadership

As students progress through the 5 levels of the curriculum, they improve their fitness abilities, refine their Muay Thai technique, and build on character development. The lessons learned at each stage translate in their daily lives – among peers, at school, and at home.



## Enrichment Clubs

Mini Makers (Art and Design Club) - Lil' Champs - Kids Klub - Tutoring

Our Enrichment Clubs are conveniently scheduled before or after our Kids Muay Thai classes - offering parents a one-stop shop for physical fitness and educational enrichment!



UPDATED AS OF MARCH 10. SEMESTERS BEGIN APR 12, 14, 15, OR 19

MON	TUES	WED	THURS	FRI	SAT	SUN	
	** PRIVATE TRAINING AVAILABLE AT ALL TIMES **				9:00AM - 10:00AM ADULTS FIGHT X FIT (+ FREE Child Care)	GYM RENTAL AVAILABLE	
	TUTORING AVAILABLE AFTER SCHOOL HOURS				9:00AM - 10:00AM KIDS KLUB (Ages 4+)		
							9:30AM - 10:00AM RISING STARS (A) (Ages 4-6)
5:00PM - 5:30PM RISING STARS (C) (Ages 4-6)	5:00PM - 6:00PM ADULTS FIGHT X FIT (+ FREE Child Care)	5PM - 5:45PM SHOOTING STARS (Ages 7-12)	5PM - 5:45PM SHOOTING STARS (Ages 7-12)	5:00PM - 6:30PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i>	10:00AM - 11:00AM MINI MAKERS (Ages 4-8)		BIRTHDAY PARTIES/EVENTS
5:30PM - 6:30PM SHOOTING STARS/ YOUTH <i>*Intermediate* Only</i>	5:00PM - 6:15PM KIDS KLUB (Ages 4+)				10AM - 10:45AM SHOOTING STARS (Ages 7-12)		
5:30PM - 6:30PM YOUTH (Ages 13-17)	5:00PM - 5:30PM RISING STARS (D) (Ages 4-6)		5:45PM - 6:45PM YOUTH (Ages 13-17)		11:00AM - 11:30AM RISING STARS (B) <i>**Advanced Level** (Ages 4-6)</i>		
	5:30PM - 6:15PM SHOOTING STARS (Ages 7-12)				11:00AM - 12:00PM YOUTH (Ages 13-17)		
					11:30AM - 12:15PM LIL'-CHAMPS (Ages 2-4)		
					1:00PM - 1:45PM LIL'-CHAMPS (Ages 2-4)		

\*ALL PRICES EXCLUDE HST.

### LIL'-CHAMPS (AGES 2-4)

Muay Thai + Enrichment  
10 wks (SAT): \$300

### RISING STARS (AGES 4-6)

Muay Thai  
Semester Based 1X/week

9 wks (MON): \$359  
11 wks (TUE): \$379  
12 wks (SAT): \$399

### ENRICHMENT CLUBS

Mini Makers (Ages 4-8): \$300 (10 wks)  
Kids Klub (Ages 4+): FREE\*\*/\$85 (10 Class Pass)  
*\*\*When BOTH parent and kid are members.*

### SHOOTING STARS (AGES 7-12)

See Gym for Pricing

### YOUTH (AGES 13-17)

See Gym for Pricing

### VRTU ALSO OFFERS:

- Kids Birthday Parties
- School Workshops
- Private Training
- Camps
- Tutoring
- Family Training

LEARN MORE:  
[WWW.VRTU.CA/KIDS](http://WWW.VRTU.CA/KIDS)

\*\* Family Discount Available (10-20% off) - See Front Desk.