



# Muay Thai Martial Arts

*For Therapeutic Recreation clients at Five Counties Children's Centre in partnership with Dohjo Muay Thai & Fitness*

**This introductory program is designed for children and youth with disabilities, 6 years and older. Come practice Kickboxing and Boxing at Muay Thai Martial Arts Studio under direction of Mike Doherty, owner/lead instructor. This program will be a great opportunity to develop self-confidence, gross motor skills and have fun!**

## **Participant Criteria;**

- **Interested and motivated to participate in group setting**
- **Able to follow 1& 2 step directions**
- **Independently mobile with aid of walker or wheelchair.**
- **Able to understand and follow safety rules**

**Dates: October 25 ~ December 13, 2018 (8 week program)**

**Time: 3:30- 4:15pm**

**Location: Dohjo Muay Thai & Fitness  
342 Charlotte St. Peterborough.**

**Registration Opens: September 4<sup>th</sup> 2018**

**Fee: \$25.00 paid to Five Counties Children's Centre**



**Registration: Please contact Colleen Ristok, Recreation Therapist to complete registration package and discuss participation in this program.**

**[cristok@fivecounties.on.ca](mailto:cristok@fivecounties.on.ca) or (705) 748-2337 Ext. 250**