

AFTERSCHOOL CARE

Afterschool care includes transportation from New Bern Schools and karate on Tuesdays and Thursdays. Transportation out of County or outside the city limits can be provided for an additional fee. Snacks will be provided for afterschool. Breakfast, lunch and snacks are provided for full days.

Rates

\$18 per afterschool day
\$32 per full day

SUMMER CAMP

Summer Camp Schedule

7:30-9 AM Drop off/Free play/Breakfast

10:00 AM Snack

10:30 AM Organized play

11:30 AM Lunch Break

12:30 PM Movie time/Nap time

2:00 PM Fundamental Activity

3:00 PM Snack

3:15 PM Boxing, Wrestling,

5-6 PM Karate(Tue & Thurs) & Pick Up

Rates

1 Day \$30

2 Days \$60

3 Days \$90

4 Days \$115

1 Week \$130

Monthly \$490

Activities	Dodge ball
Movies & popcorn	Board games
Mummy Wrapping	Weekly field trips
Boxing	Library visits
Laser Tag	Karate
Roller skating	

SUMMER CAMP DATES 2022

June 6-10	July 5-8	August 1-5
June 13-17	July 11-15	August 8-12
June 20-24	July 18-22	August 15-19
June 27-July 1	July 25-29	August 22-26

Karate

Sensei Steve Simma, is a 8th degree Black Belt in Isshin-Ryu Karate and the Head Karate Instructor. His most memorable achievement was winning Gold in Kumite in the 1989 State Games. Sensei Simma starred as a foot soldier in the Ninja Turtle movie "Secret of the Ooze."

Sensei Geoffery Collins is a 2nd degree black belt in Isshinryu karate. He studies Song Gahm Tae Kwon Do, Muay Thai & Jiu Jitsu.

Mixed Martial Arts

Steven & Amanda Nyberg have 11 years combined experience in martial arts and self-defense training. Their experience consists of MMA, Kickboxing, BJJ, wrestling & boxing. Steven and Amanda have taken 1st place in a couple of Naga tournaments.

Zumba

Sharon Wilkerson has been a certified zumba instructor since May 2013. She is also certified in Zumba toning, Zumba gold, Zumba gold toning, Zumba kids, Zumba step and GROWND training.

Boxing

Coach Daniel Ward has been boxing over 40 years. He trained at Finley's Gym in Washington D.C. and has won 7 of 7 professional bouts. He is a USA Boxing Certified Coach and currently the boxing coach and the personal trainer at New Bern Boxing, MMA & Fitness. He was named Local Boxing Commission 13 2019 Outstanding Coach.

Class Times

BOXING

Mon, Wed & Friday 3:30-5:00 PM

Mon, Wed, Fri & Sat 6:30-8 AM

LITTLE DRAGONS

Tuesday and Thursdays 5:20-6 PM

YOUTH KARATE PROGRAM

Tuesdays and Thursdays 6-7 PM

ADULT KARATE

Tuesdays and Thursdays 7-8 PM

LADIES KICKBOXING W/Hurricane

Mon, Wed & Fri 8:30-9:30 AM

LADIES STRENGTH & CONDITIONING

Mon, Wed & Fri 6-7 PM

ZUMBA

Mondays and Wednesdays 6-7 PM

WRESTLING

Call for schedule

MIXED MARTIAL ARTS

Youth: Wednesdays & Fridays 4-5 PM

Adults: Wednesdays & Fridays 6-7 PM

MIYAMA RYU JUJITSU

Call for schedule

YOGA

Call for information

New Bern Boxing, MMA & Fitness Achievements/ Credentials

- USA Boxing registered facility(3 Coaches/2 Officials)
- USA Wrestling registered facility (Underground Grappling Wrestling Team)
- 3rd & 8th degree Isshinryu Instructors
- NC Local Boxing Commission(LBC) 2019 Outstanding Club
- NC LBC Outstanding Boxing Coach 2019
- 2 NC Silver Gloves Champions 2019
- NC LBC Outstanding Male & Female Boxers 2019
- Safesport Trained Staff
- Numerous Karate awards & champions

NEW BERN BOXING, MMA & FITNESS



The mission of New Bern Boxing, MMA & Fitness is to empower students both mentally and physically by teaching self-respect, self-confidence, integrity and discipline through the arts of karate, boxing, wrestling and general fitness to foster positive personal growth.



252-514-3189

newbernkarateandfitness@gmail.com

www.newbernkarateandfitness.com

4110 E MLK JR BLVD
NEW BERN, NC 28562

Jujitsu

Sensei Otis C. Waterman, Jr is a 3rd degree black belt in Miyama Ryu Jujitsu. He has been a student of martial arts since 1974 and has taught jujitsu all over the world. Sensei Otis has amassed many awards and honors during his journey.

Kickboxing

Dennis "Hurricane" Lane is a 9 time world kickboxing champion and a 7th degree black belt in Kyokushin Karate. He is also a 6th degree black belt in Okinawan Kempo, Ryu Sai Kan and a 6th degree black belt in Vietnamese Kickboxing. Mr. Lane has faught, taught and studied all over the world and brings a wealth of knowledge to New Bern Boxing, MMA & Fitness

Owners

Daniel Ward and Angela Wilson-Ward have been owners since July of 2017. They are committed to the overall personal development and success of everyone that enters their facility. They believe that "failure is not an option" at New Bern Boxing, MMA & Fitness.

Birthday Party Options

Boxing Birthday party (kids actually box in real boxing ring using special gloves, additional \$40))

Family Feud Birthday Party (you pick the theme additional \$40)

Paint & Sip Birthday Party (additional \$15/person)

Among Us Birthday Party(additional \$40)

PRICING BOXING

Youth (5-14)	\$110/month
Adults (15 & older)	\$125/month
Competitive (5 days/week)	\$150/month
Professional	\$125/hour

Isshinryu Karate

Little Dragons (age 5-7)	\$70/month
Youth (age 8-16)	\$90/month
Adults (16+)	\$100/month

Wrestling \$100/month

Kickboxing \$80/month

Mixed Martial Arts \$80/month

MMA & Kickboxing Package \$130/month

Miyama Ryu Jujitsu \$80/month

Yoga \$10/class

Zumba \$5/class

Ladies Strength & Conditioning \$80/month

Personal Training Call for pricing

Afterschool Care \$18/day

Summer Camp \$130/week

Drop in rate for all classes \$15

Event Rental Space \$500

Birthday Parties(See options) \$200

CASH APP \$nbkarate|VENMO @nbkarate
PayPal Credit 4% convenience fee

STUDENT REGISTRATION FORM

1ST STUDENT NAME: _____

DATE OF BIRTH: _____ AGE: _____ SEX: M/F CLOTHING SIZE(FOR UNIFORM): _____

SCHOOL NAME/GRADE: _____

ALLERGIES/MEDICAL CONCERNS: _____

2ND STUDENT NAME: _____

DATE OF BIRTH: _____ AGE: _____ SEX: M/F CLOTHING SIZE(FOR UNIFORM): _____

SCHOOL NAME/GRADE: _____

ALLERGIES/MEDICAL CONCERNS: _____

PARENTS NAME: _____

PHONE: _____ SECONDARY PHONE: _____

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT NAME & PHONE: _____

COMMENTS/CONCERNS: _____

IN CONSIDERATION FOR PARTICIPATING IN THE KARATE, BOXING, WRESTLING, YOGA, ZUMBA, AFTERSCHOOL, SUMMER CAMP, PERSONAL TRAINING PROGRAM OR ANY ACTIVITY OFFERED, I HEREBY RELEASE NEW BERN KARATE & FITNESS, LLC ITS OWNERS, INSTRUCTORS, STAFF AND VOLUNTEERS, FROM ALL CLAIMS, LIABILITY, ALLEGATIONS OF PERSONAL INJURY, SICKNESS OR DEATH, AS WELL AS PROPERTY DAMAGES AND EXPENSES, OF ANY NATURE WHATSOEVER THAT MAY BE INCURRED BY THE UNDERSIGNED THAT MAY OCCUR WHILE I OR MY CHILD ARE PARTICIPATING IN THE KARATE, BOXING, YOGA, ZUMBA, AFTERSCHOOL, SUMMER CAMP OR PERSONAL TRAINING PROGRAM. FURTHERMORE, I ASSUME ALL RISK OF PERSONAL INJURY, SICKNESS, DEATH, DAMAGE AND EXPENSE AS A RESULT OF PARTICIPATION IN KARATE, BOXING, YOGA, ZUMBA, AFTERSCHOOL, SUMMER CAMP OR PERSONAL TRAINING PROGRAM. I UNDERSTAND THAT THIS DOCUMENT CONSTITUTES A FULL AND COMPLETE WAIVER OF ALL POSSIBLE CLAIMS FOR ANY ACT OF OMISSION, INCLUDING CLAIMS FOR NEGLIGENCE REGARDING INJURY OR PROPERTY DAMAGE ARISING OUT OF MY PARTICIPATION IN THE IN THE KARATE, BOXING, WRESTLING, YOGA, ZUMBA, AFTERSCHOOL, SUMMER CAMP, PERSONAL TRAINING PROGRAM OR ANY OTHER ACTIVITY AT NEW BERN KARATE, BOXING & FITNESS, LLC. WE HEREBY AUTHORIZE NEW BERN KARATE & FITNESS, LLC AND ITS AGENTS, REPRESENTATIVES, STAFF AND VOLUNTEERS TO PHOTOGRAPH AND/OR VIDEO ME OR MY CHILDREN AND TO UTILIZE SUCH PHOTOGRAPHS IN ANY PRINT MEDIA, INCLUDING THE INTERNET FOR ANY COMMERCIAL PURPOSE. WE AGREE THAT WE SHALL NOT BE ENTITLED TO RECEIVE ANY COMPENSATION AS A RESULT OF SUCH USE INCLUDING BUT NOT LIMITED TO THE PROMOTION OF NEW BERN KARATE & FITNESS, LLC. _____(INITIAL)

PARENT OR GUARDIAN OR STUDENT SIGNATURE

DATE

PRINTED NAME: _____ Referred By: _____