

# Family Martial Arts Center • December News

## Thank You

Master Hegland and Master Shilkaitis would like to express their appreciation to all of our students and parents for their patience and understanding during the construction delays with the opening of FMAC West. We fell behind on so much during this time and your understanding is greatly appreciated.

We would also like to express appreciation to the following students for volunteering to help out West. We would have opened at least a week later if not for your help.

Mark Chunningham helped with the duct work and framing.

Jean Baumgarten and Scott, Robyn and Trevor Jackson who helped painting and clean up.

## Birthday Parties

FMAC is now offering birthday party bookings. If you are interested in booking your birthday party at FMAC please inquire with Master Hegland or Master Shilkaitis. Space is limited.

## Holiday Schedule

A copy of the Holiday schedule can be found on the reverse of the December news. The Center will be closed December 23rd - 26th & December 31st. The West and Downtown locations will be open on alternate days and some class sections will be combined. The After School Program will not be held December 22nd - Jan. 3rd.

## Pro Shop Sale

Check out discontinued and seasonal merchandise on sale Dec. 12th - 22nd

## Catalog Orders

Catalog orders for 2005 have ended. If you would like anything from the Holiday Catalog please order online at our Pro Shop at [eFMAC.com/proshop](http://eFMAC.com/proshop). Allow 3 days for shipping.

## Winter Weather Policy

It is FMAC policy to close when the Ames Public School closed for weather or when weather is severe enough for us to close. We take our students and instructor safety into account when making closing decisions. Closings are posted on our web site: [eFMAC.com](http://eFMAC.com) in the announcements. We also change the message on the downtown answering machine (weather permitting).

## New and Returning Programs

### Systema

Systema, a Russian Martial Art is now offered at FMAC. Classes meet on Monday and Wednesday at FMAC West at 7:45pm. Students who are 16 and older can participate.

### Ultimate Body Shaping Course (UBC)

UBC will make a return to our class schedule the first week of January. The ten week course focuses on cardio, resistance training and nutrition to transform and sculpt your body. Enrollment is limited. The first class meets on Jan. 7th.

## Winter 2006 Schedule

The Winter 2006 schedule starts on Jan. 4th. Most of the schedule will remain the same. A few classes will be changed to make room for new classes, low attended classes or instructor availability.

## Kick a thon

We missed breaking the world record collectively with 257 other schools who participated in the Oct. 15th Kick a thon. 7,773,444 kicks were recorded compared to 8.3 million last year.



# FMAC Holiday Schedule 2005

**CLOSED December 23rd - 26th & December 31st**

After School Program will not be held December 22nd - Jan. 3rd

## Downtown:

	Thursday 12/22	Tuesday 12/27	Thursday 12/29	Friday 12/30	Tuesday 1/3/06
5:00 p.m.	All Dragon Sections from West & Downtown BBC Chucks	All Ninjas Sections from West & Downtown BBC Bo	All Dragon Sections from West & Downtown BBC Sword	Closed	All Ninjas Sections from West & Downtown BBC Bo
5:30 p.m.	Kick Boxing & TKD Blue - Black	Kick Boxing & TKD Blue - Black	Kick Boxing & TKD Blue - Black	TKD White - Green TKD Blue - Black	Kick Boxing & TKD Blue - Black
6:15 p.m.	TKD White - Green All Tiger Sections from West & Downtown	TKD White - Green All Tiger Sections from West & Downtown	TKD White - Green All Tiger Sections from West & Downtown	Closed	TKD White - Green All Tiger Sections from West & Downtown
7:00 p.m.	Sparring for BBC & Sparring Members	Closed	Sparring for BBC & Sparring Members	Closed	Closed

## West:

	Wednesday 12/28	Monday 1/2/06
4:00 p.m.	Closed	Closed
4:45 p.m.	Closed	Closed
5:30 p.m.	TKD White - Green	TKD White - Green
6:15 p.m.	TKD Blue - Black	TKD Blue - Black
7:00 p.m.	Hap Ki Do	Hap Ki Do
7:45 p.m.	Systema	Systema