



Premier Martial Arts – Millcreek/Everett

5714 134th Pl SE A14, Everett, WA 98208

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EMPOWERING LIVES THROUGH MARTIAL ARTS

<https://premiermartialarts.com/washington-everett/>

Program	Mon	Tue	Wed	Thu	Fri	Sat
Tiny Champs (3 - 4 Years) 30 Min		3:30 PM	4:00 PM (Once a week class)		3:30 PM	
Lil' Champs (5 - 7 Years) 30 Min	4:30 PM 6:15 PM	5:30 PM 6:15 PM		4:30 PM 6:15 PM	5:30 PM 6:15 PM	
PMA Kidz (8 - 12 Years) 45 Min	5:15 PM 7:10 PM	4:30 PM 7:10 PM		5:15 PM 7:10 PM	4:30 PM 7:10 PM	
Teens (13+ Years) 60 Min	8:10 PM			8:10 PM		
Adults (18 + Years) 60 Min		8:10 PM			8:10 PM	

NOTICE

Class schedule

- Class runs twice a week, Mon/Thu or Tue/Fri (unless specified)

Please arrive 5 minutes prior to scheduled class.

- o We show respect to our instructor and fellow students by arriving 5 minutes prior to class.
- o Quietly prepare for class and pick-up your attendance card. Place gear bag with your clothes and shoes in it neatly under your parent's chair in the lobby.
- o If you arrive after the start of class, please wait on the side of the mat until our instructor, invites you to join in between drills.

Martial Arts begins and ends with maximum courtesy and respect.

- o Parents and Families – Please maintain a quiet tone when a class is in session and please refrain from correcting your child. We do not want to disrupt the student from where they should be focused.

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Premier Martial Arts – Millcreek
Ask About Our Awesome Birthday Parties!**