



## ZenQuest Martial Arts

55 Pittsfield Road, Building 10  
Lenox, MA 01240

**Students and Parents,**

The 'Back-To-School' season is here again and at ZenQuest that means organizing our children's classes for the busy season. Students and parents should notify us at their earliest convenience which classes they will be continuing with this fall. Student lists are now being filled for each youth class in the schedule, with limited space available. So, it is essential that we get you onto the appropriate class lists. Students aged thirteen years or older are eligible to transition to adult classes (including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning.) These classes are more open and do not need to be limited like the youth classes.

Students and parents can reserve their classes by any of the following ways:

- \* Speaking to someone directly at the front desk
- \* Sending an email to [train@zenquestmac.com](mailto:train@zenquestmac.com)
- \* Calling us at 413-637-0656

Please remember that class reservations are made on a 'first-come-first-served' basis. Waiting lists will be generated for classes that reach their student limit. Also, class reservations will only be effective with an active student enrollment. Remember, too, that 'Partial Participation' discounts are reserved for students aged seven years old and younger.

As of September 1st, youth students are encouraged to limit their participation to a maximum of two or three classes per week in each program. This is to balance enthusiastic individual attendance with allowing other students to share the dojo. Also, parents and students need to be careful to prevent 'burnout' in younger students. This still allows most students to attend as many as six classes per week between Karate and Jiu-jitsu.

Please note, after Labor Day, the Wednesday Pythons and the Monday Strength and Conditioning classes will return to the class schedule. Tuition rates will remain the same at this time.

As always, please let us know if you have any questions or concerns going forward. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!

Thanks,

Senseis Connie and Mark  
ZenQuest Martial Arts