

## RPA FAMILIES! NEW AFTER-SCHOOL PROGRAM



**Did you know that only 1/2 block from RPA is the most innovative, full-service Martial Arts and fitness center in the World?**

**Were you aware that Team Quest is owned and led by Olympic silver medalist, retired MMA star, and former USA Olympic Team Wrestling Coach Matt “The Law” Lindland?**

**WHAT:** We are excited to announce two new after-school programs now being offered to RPA students by Team Quest: *Tuff Tots* (K – 2nd graders) & *Tuff Tikes* (2nd - 5th grades)

**WHEN:** The *Tuff* programs will operate 4 days a week (M-Th) from 3:15 to 4:50pm (pick-up by 5pm)

**COST:** Tuff classes are only \$250 per month! (There is also a \$20 uniform cost)

**REGISTRATION:** 503-661-4134 Call Matt or his wife Wendy and make an appointment or just stop by 18206 SE Stark St. Portland, Oregon 97233.

**HOW IT WORKS:** Team Quest Staff will meet the students at RPA at 3:15pm and walk them 3/4 block to the Team Quest gym (182nd & Stark). Team Quest will provide pro-social activities and engaging games until Tuff “class” begins at 4pm. Classes are 50 min long. We will run instruction from 4-4:50 Monday through Thursday students will be picked up between 4:50-5:00PM.

**ABOUT THE PROGRAMS:** Team Quest has developed the Tuff Tots and Tuff Tikes programs to enrich the lives of local children by helping to instill positive qualities such as respect, self-discipline, manners, self-control, and confidence, all while getting and keeping your child in good shape and teaching him/her the greatest self-defense and fitness system in the world.

The TUFF programs are built around a detailed curriculum that focuses on improving basic motor and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home, and more ambitious in the future.

“At Team Quest, we believe the time between the ages of 5 and 8 is some of the most important years of a child’s development. Our programs will enhance positive development in a fun and motivational way.”- Coach Matt Lindland

Team Quest strongly emphasizes the Team Approach. Respect, self-discipline, manners, self-control, honor, dignity, and leadership are all emphasized at Team Quest. Our parents and teacher are the key players on this important team, and we want to collaborate for a common goal, your child’s success.

**OPEN HOUSE:** We would like to invite anyone who is interested in Team Quest martial Arts program to our open house Monday, October 17th, at 5pm.