

Clear Creek ~ Gilpin academy of martial arts Newsletter for March-April 2019:

No classes for CCMRD the following days (during spring break): March 26th, 28th.

No classes for GCCC the following days (during spring break): March 26th, 28th.

No classes 7 Healing Star: March 22nd through March 29th. This includes Pilates classes.

No class at Evolution Martial Arts on Saturday March 23rd.

Breaking class on March 5th and 6th. Required class, please make arrangements with your instructor if you cannot make it. \$25.00 (\$10.00 for kinder kickers) testing fee due at this time. If paid late the fee is \$30.00 and it must be in cash. Please make sure your belt is clean so that it can be used for the next person testing for your rank.

Testing at the Lakewood Link Recreation Center, Saturday, March 9, noon. Be there at 11:30 in order to stretch and run through your things once.

Spring tournament, April 27th, 2019, 1pm, at the Gilpin County Community Center. We will do a potluck afterwards. There will be a demonstration.

Mrs. Rich will be out of town for at least 2 weeks in July, probably the 12th through the 28th. The plans have not been finalized. I will keep you posted.

Additional Information Students Need to Know: Advanced class at the Link is the first and the 3rd Saturday of the month. Green Mountain is the 2nd and the 4th Saturday of the month. Master Bishop does do a special class on any Saturdays that land on the 5th week. Keep in mind if a student would ever like any one on one time with any of the instructors we may be able to make that happen.

Please join me for Mat Pilates classes at 7 Healing Stars: These classes have low attendance and are in danger of being dropped.

Mondays 5:30-6:30pm, Wednesdays 2-3pm.

Kinder kicks at 7 Healing Stars: Wednesday 5-6pm. Adult class 6:15-7:15pm.

Fun question: Where is Master Bishop from?

Please check out Mrs. Rich's website:

<http://imyfit.gilpincounty.net/>

Mountain Academy of Martial Arts website: <http://mountainacademymartialarts.com/>

Mrs. Rich: 303-582-5427, cell 303-517-4898, (imyrrich@yahoo.com). Mr. Beasley: 303-582-1201

(jim.beasley@ionsky.com). Clear Creek Recreation Center: 303-567-4822. Gilpin County Community Center:

303-582-1453. Lakewood Link Recreation Center: 303-987-5400. Evolution Martial Arts Studios, [http://evo-](http://evo-martialarts.com/)

[martialarts.com/](http://evo-martialarts.com/), 7456 W 5th Ave, Lakewood, CO 80226, Dom Blum: Telephone: (720) 940-5883, [dblum@evo-](mailto:dblum@evo-martialarts.com)

[martialarts.com](http://evo-martialarts.com). Please feel free to contact any one of us at any time, or give our #'s out to your friends who have questions. For Mrs. Rich's Black Hawk classes: <https://www.7healingstars.org/>. 460 Gregory St, Black Hawk, CO, 80422.

Thanks to everyone for keeping this program going!!!!