



# CARBON KIDS WELCOME GUIDE

[WWW.CARBONGYM.COM.AU](http://WWW.CARBONGYM.COM.AU)

# Carbon Gym Kids

## Welcome Guide

Welcome to the team! At Carbon Gym, we are dedicated to helping your child find their fit and get "IN YOUR ELEMENT". Whether they are here to build confidence, gain strength, or learn new skills, our youth programs provide a safe and supportive environment.



# Our Youth Programs

We offer age-appropriate training focused on fun, structure, and coordination.

## Kids Muay Thai (Ages 4–12)

Learn the "art of eight limbs" (punches, kicks, knees, and elbows) with a focus on discipline and respect.

## Kids BJJ (Ages 4–12)

A grappling art teaching movement, positioning, and problem-solving through positional drills.

## Teens Boxing (13–16)

Authentic technique, fitness, and full-body conditioning led by specialist coaches.

## Teens Muay Thai (Ages 13–16)

Controlled striking and technique development to build unstoppable confidence.

**Safety First:** All youth classes involve strictly no head contact and are fully supervised by our expert coaching team.

# What To Expect

## No Experience Needed

Our classes are open to all levels. Every child is coached through the basics step-by-step.

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## Building Resilience

Martial arts teach more than self-defence; they teach patience and how to "find a way through" when things get tough.

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## The First Class

We offer a 7-day intro pass or free trials so your child can find the discipline they love most.



# Your Training Checklist

To maintain our hygiene and safety standards, please ensure your child brings the following to every session:

- **Water bottle**
- **Small towel** (mandatory for all sessions)
- **Comfortable sports clothes** (t-shirt and shorts/leggings)
- **Footwear:** Fully enclosed, clean sports shoes for general areas. For mat classes (BJJ/Muay Thai), kids must train barefoot or with socks.
- **Hygiene:** For BJJ, kids must have clean feet and trimmed nails

**Note on Gear:** We provide gloves, pads, and loaner gear for all new members.

# For The Parents

## Family-Friendly Lounge

While the kids train in the Kids Martial Arts Area (Studio 5), parents are welcome to relax in our dedicated lounge area.

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## Registration

All members under 18 must have their Membership Agreement and Pre-Exercise Questionnaire authorised and signed by a parent or guardian.

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## Supervision

Minors under 16 do not have 24/7 access and must be directly supervised by an adult if they are in the facility outside of their scheduled class times.

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## Etiquette

No jewellery or watches are to be worn during mat or ring-based classes.

# Connect With Us

Stay up to date with class changes, holiday programs, and community events.

## Meet Your Coaches

Our experienced trainers include champions and professional athletes across Muay Thai, BJJ, Boxing and MMA.

Meet the team:

[carbongym.com.au/our-gym/our-team](http://carbongym.com.au/our-gym/our-team)

## Still Got Questions?

Call, email or drop in. We're here to help.

We look forward to seeing you in your first class. Let's get started.



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