



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF CONFIDENCE FOCUS STRENGTH

INTRO TO KARATE



For Kids, Martial Arts is more than just a fun activity. It's a way for kids to learn valuable life skills that'll help them develop into outstanding, independent young adults. Benefits of Martial Arts for children include: keeps them active; focus, concentration and self esteem; builds self confidence; connects both mind and body. Activities will involve karate basics. Must wear sneakers and comfortable clothes to participate.

When: February 7 – March 7, 2019
Thursdays 3:30-4:15 p.m

Where: Willard Elementary School

Offered by: Berlin YMCA

Fee: \$20 for 5 week program

Contact: Amy Fitzgerald, Program Director at 860-357-2717 or email afitzgerald@nbbymca.org.

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