



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF CONFIDENCE FOCUS STRENGTH

INTRO TO KARATE



When: Thursdays 3:30 PM—4:15 PM
February 7th—March 7th

Where: Willard Elementary

Offered by: Berlin YMCA

Instructor: Anthony

Fee: \$20.00 for 5 week program

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:

1. Keeps them active
2. Focus, concentration and self esteem
3. Builds self confidence
4. Connects both mind and body

Activities will involve karate basics.

Must wear sneakers and comfortable clothes to participate.

Contact: Amy Fitzgerald, Program Director
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BERLIN YMCA

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