

Karate Lessons

By Jersey Judo Karate Academy



Fall 2019

Why Karate?

- Karate promotes self-confidence, assertiveness, goal orientation, calmness, and concentration.
- Karate helps develop a student's balance, posture, coordination and enhances physical endurance.
- Self defense training increases self-awareness.

WEDNESDAYS

September 11, 2019 – November 13, 2019
(10 weeks)

K – 5th Grade: 6:30 – 7:30 p.m.
Parent & Child: 6:30 – 7:30 p.m.
6th Grade – Adults: 7:30 – 8:30 p.m.

Classes instructed at Alexander Hamilton School
Gymnasium.

Fee: \$55 resident participant, \$65 non-resident.

*No class 10/9, classes combined to Thurs. 10/10

THURSDAYS

September 12, 2019 – November 14, 2019
(10 weeks)

K – 5th Grade: 6:30 – 7:30 p.m.
Parent & Child: 6:30 – 7:30 p.m.
6th Grade – Adults: 7:30 – 8:30 p.m.

Classes instructed at Alexander Hamilton School
Gymnasium.

Fee: \$55 resident participant, \$65 non-resident

*9/19, classes held at Senior Center (200 South St. 3rd fl)

*10/17, classes held at Senior Center (200 South St. 3rd fl)

*No class 10/31, classes combined to Wed. 10/30

*No class 11/7, classes combined to Wed. 11/6

Lessons hosted by the Morristown Recreation Department.

Bring or mail registration forms to the Recreation Office at Town Hall, 200 South Street, P.O. Box 914, Morristown, NJ 07963 or register online at www.townofmorristown.org. Checks made payable to *Town of Morristown*, cash or credit cards accepted in person. Credit cards only online. Visa, Mastercard or Discover are accepted. For more info call the Recreation Office 973-292-6717.

MORRISTOWN RESIDENTS GIVEN PRIORITY IN REGISTERING. Your place in a class is not guaranteed until a signed registration form and full payment have been received. There will be no refunds after first class of any session.

Karate is a year-round practice. Our students benefit from a continuing calendar of classes. Re-enrollment for Summer lessons will begin in June.