

# ***Karate Lessons***

***By Jersey Judo Karate Academy***



**Summer 2021**



## **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**

**June 30 – September 1, 2021  
(10 weeks)**

All Ages: 6:00 – 7:00 p.m.  
Parent & Child: 6:00 – 7:00 p.m.

**Classes instructed outside at Jacob Ford Field  
(62 W Valley View Drive, Morristown).  
Rain Date will be Thursday.**

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

## **Lessons hosted by the Morristown Recreation Department.**

Registrations are accepted online at Community Pass (<http://register.capturepoint.com/morristown>), by mail, or in person.

Payments may be made by check (Payable to *Town of Morristown*) and mailed, or hand delivered to 200 South Street, Morristown NJ 07960. Payment can also be made with e-check, cash, or credit card.

MORRISTOWN RESIDENTS GIVEN PRIORITY IN REGISTERING. 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 the next session will begin in August.