



Martial Arts Training

- Improve Health and Fitness
- Improve Self Confidence
- Improve Focus
- Improve Coordination
- Learn Basic Self Defense

Co-ed - Open to Ages 6 to 106!

No experience necessary

Eden Recreation's Family KARATE

Looking for an activity to do **WITH** your kids?
Join us and have some fun learning a
life-skill in a safe family atmosphere!
Bonus - Get educated about Bully Prevention!

Information / Registration

January 8th @ 6:30-7:30

Program runs 1/12/15 - 3/12/15

No Program Feb 16 & Feb 19

Monday & Thursday Nights @ 6:30pm

Cost: \$60 - *No Refunds Provided*

Optional – Uniform & Belt \$25

Registration & All classes held at:
Eden Town Hall – First Floor Meeting Rm.
2795 E. Church St., Eden, NY