



***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***

October 13<sup>th</sup> @ 6:30-8pm

Program runs 10/16/14 - 12/13/14

*No Program Nov 3<sup>rd</sup> & Nov 13<sup>th</sup>*

Monday & Thursday Nights @ 6:30pm

Cost: \$55 - *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