



Karate for Self Defense Adults 25+

10:45 – 11:45am

Franklin HS – MPR (A206)

Franklin High School, 8222 S 51st St, Franklin, WI 53132

(enter main office doors)

Session 1 Saturdays, Sept 7 – Oct 19

Activity Code: EX122.122, Fee: \$40

Session 2 Saturdays, Nov 2—Dec 21 no class nov 30

Activity Code: EX123.123, Fee: \$40

We are co-oping with the Franklin Recreation Dept. to offer you this exciting new program. Boost your overall health, fitness, and wellness. This course will provide instruction in real-life martial arts techniques to improve your focus, power, and balance. Benefit your body, mind, and spirit in a welcoming atmosphere for students of all levels from beginner to advanced.



Register by phone (414-766-50810, person or online at www.smrecdept.org)