

# Karate Classes



Looking for an activity the whole family can enjoy this summer?

The Eastampton recreation department is happy to inform you that our Karate Program will continue to offer classes throughout the summer months.

Now you, your family, and your friends can take karate classes at approximately one-third the cost of other karate programs, right here in our own neighborhood !!

**WHO:** Classes are open to people of all ages

**WHAT:** Join your Black-Belt instructors for the basic movements, philosophy and training methods of the American Tae Kwon Do - Moo Duk Kwan Karate discipline. Parents, you can take karate classes with your kids!

**WHERE:** Eastampton Recreation Building in Buttonwood Park

**WHEN:** Tuesday and Thursday Evenings 6:00- 7:00 P.M.

**COST:** \$40.00 per month Non-residents \$45.00 per month



Additionally, if any new student pays for four months of lessons in advance, a karate uniform will be supplied to that student at *no charge*.

That's right..... **FREE!**

## ***4 WEEK SELF DEFENSE COURSE FOR WOMEN***

We are also offering a 4 week long Self defense class to be held Tuesday evenings immediately following the normal Karate instruction. This course will begin on July 6 at 7:00 P.M. Come learn some basic self defense techniques that can help keep you safe. The cost for this class will be \$40.00

**Questions? Call the Eastampton Parks & Rec Dept. at 267-5723**