

FRANKLIN AVE. ELEMENTARY PTA

AFTER SCHOOL MARTIAL ARTS & FITNESS ENRICHMENT CLASSES



The benefits of enrolling your child in a Martial Arts & Fitness program extend far beyond self-defense.

Martial Arts will help your child in nearly every aspect of life.

It will improve your child's health, fitness, athletic abilities, focus and behavior. Martial Arts is the "Best Kept Secret" For Building Greater Self Confidence, Self Control And Self Discipline.

**TO SIGN UP - CALL US AT
845-359-4500**



**THE ACADEMY
FOR MARTIAL ARTS**



Karate



Board Breaking



Jiu-Jitsu



Fitness

FRANKLIN AVE. ELEMENTARY PTA

AFTER SCHOOL MARTIAL ARTS & FITNESS ENRICHMENT CLASSES

1

TAMA PROVIDES

- All Equipment
- Education-Based Curriculum
- Well Trained, Friendly Professional Instructors
- Achievement Awards
- Uniform & Gloves

2

YOUR CHILD WILL LEARN

- Safe & Proper Ways To Exercise
- To Handle Bullying
- Powerful Ways To Set & Achieve Goals
- Focus & Self Control
- Self Defense Concepts & Techniques



LEARN MARTIAL ARTS & FITNESS AT SCHOOL!

- Thursdays 3:30pm - 4:30pm
- \$120 For 6 Weeks
- October 6th, 13th, 20th & 27th
- November 3rd & 10th
- Open To All Grades
- No Refunds After 1st Class



CALL US AT 845-359-4500 WITH QUESTIONS

The Academy For Martial Arts

8 Orangetown Center, Orangeburg, NY 10962

845-359-4500

www.RocklandKarate.com

SenseiHarnett@TheAcademyForMartialArts.com