

This Karate class is perfect for the student looking to start their journey to Black Belt and for parents looking to get their children involved in a program that will help build confidence, control, and character. Students will improve flexibility, strength, focus, agility, coordination, discipline, memory, and more. We will challenge our students to learn and earn belts, giving them a great workout while having FUN!



AGES 5 to 12 Years
TIME 45 Minute Classes for 8 Weeks (March 28th to May 16th)
COST \$160 for 8 Weeks
SEASON Fall, Winter & Spring

- OVERVIEW**
- The Martial Arts provides endless benefits to children of all ages, levels and abilities.
 - Learn from the BEST! CSA has been teaching Martial Arts Skills and Life Lessons in the community for over 28 years!
 - Earn Belts and Build Confidence, Respect and Discipline.
 - Fitness in a Fun Environment.

INFORMATION Jennifer Lake, jen@csakarate.com or 443-621-7544

CLASS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

COPPERMINE RACQUET & FITNESS		1420 CLARKVIEW ROAD BALTIMORE, MD 21209						
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
KIDS KARATE CLASS (5-12 years, beginners to yellow belt) 45 Minutes - \$160				5:30pm				
KIDS KICKBOXING CLASS (7-12 years) 45 Minutes - \$160				6:30pm				



JOIN TODAY!

WWW.COPPERMINEFITNESS.COM

410-337-7781 opt 4