

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 (Jan 10th to Feb 28th)
- COST** \$160 for 8 Weeks  
 Free Trial Class, Thursday, January 3rd, 5:30-6:15pm
- 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

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

