

Karate Lessons

By Jersey Judo Karate Academy



Spring 2019



Why Karate?

- Karate promotes self-confidence, assertiveness, goal orientation, calmness, and concentration.
- Karate helps develop a student's balance, posture, coordination and enhances physical endurance.
- Self defense training increases self-awareness.

WEDNESDAYS

April 24, 2019 – June 26, 2019
(10 weeks)

K – 5th Grade: 6:30 – 7:30 p.m.
Parent & Child: 6:30 – 7:30 p.m.
6th Grade – Adults: 7:30 – 8:30 p.m.

Classes instructed at Alexander Hamilton School
Gymnasium.

Fee: \$55 resident participant, \$65 non-resident.

THURSDAYS

April 25, 2019 – June 26, 2019
(10 weeks)

K – 5th Grade: 6:30 – 7:30 p.m.
Parent & Child: 6:30 – 7:30 p.m.
6th Grade – Adults: 7:30 – 8:30 p.m.

Classes instructed at Alexander Hamilton School
Gymnasium.

Fee: \$55 resident participant, \$65 non-resident

*No class June 27, classes combined to Wed. 6/26

Lessons hosted by the Morristown Recreation Department.

Bring or mail registration forms to the Recreation Office at Town Hall, 200 South Street, P.O. Box 914, Morristown, NJ 07963 or register online at www.townofmorristown.org. Checks made payable to *Town of Morristown*, cash or credit cards accepted in person. Credit cards only online. Visa, Mastercard or Discover are accepted. For more info call the Recreation Office 973-292-6717.

MORRISTOWN RESIDENTS GIVEN PRIORITY IN REGISTERING. Your place in a class is not guaranteed until a signed registration form and full payment have been received. There will be no refunds after first class of any session.

Karate is a year-round practice. Our students benefit from a continuing calendar of classes. Re-enrollment for Summer lessons will begin in June.