## MAX A. HASSE JR. Community Park

FOX MARTIAL ARTS

Karate Do; the empty handed-way! Class helps students to learn how to think, avoid physical confrontation, prepare for unavoidable situations, and encourages to achieve goals, then sets new ones. Designed to teach participants self-defense techniques and coordination while building self confidence, individual agility and strength. Uniform and testing fees not included. Please contact David Fox at (239) 370-5512 Fox Martial Arts.

\*An adult must be present inside the Recreation Center and / or stay on the property for students 10 yrs and under during class. Mondays and Wednesdays <u>4 weeks / (8 classes)</u> Beginner Class 6p-7p Advanced Class 7p-8p Sessions:

Jan. 11, 18, 23, 25, 30, Feb. 1, 6, 8 (No Class Jan. 16)
Feb. 13, 15, 22, 27, Mar. 1, 6, 8, 13 (No Class Feb. 20)
Mar. 15, 20, 22, 27, 29, Apr. 3, 5, 10
Apr. 12, 17, 19, 24, 26, May 1, 3, 8
May 10, 15, 17, 22, 24, 31, June 5, 7 (No Class May 29)

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www.foxmartialarts.net

