



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF CONFIDENCE FOCUS STRENGTH

INTRO TO KARATE



- When:** Fridays March 5th to April 3rd
3:30-4:15
- Where:** Ben Franklin Gym
- Offered by:** Meriden-New Britain-Berlin YMCA
- Instructor:** Sensei Anthony
- Fee:** \$20 for 5 week program

For Kids, Martial Arts is more than just a fun activity. It's a way for kids to learn valuable life skills that'll help them develop into outstanding, independent young adults. This program is open to Ben Franklin students grades K-5.

Benefits of Martial Arts for children:

1. Keeps them active
2. Focus, concentration and self esteem
3. Builds self confidence
4. Connects both mind and body

Activities will involve karate basics. Must wear sneakers and comfortable clothes to participate.

Contact: Amy Fitzgerald, Program Director 860-357-2717 or email at afitzgerald@meridenymca.org.

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