



## The Trenton YMCA and Red Dragon Karate

presents

### INTRO TO MARTIAL ARTS FITNESS



### MARTIAL ARTS for Children and Teens WORKS!

*Our Karate Program will help instill values  
in your children and help them do  
better in school, work, life and at home*

**Day: Mondays & Thursdays**

**Starts: September 12, 2016**

**Time: 5:45 pm to 8:30 pm**

**4-10 years 5:45-6:45 pm**

**11-17 years 7:00-8:30 pm**

**\$55/mon for facility members**

**Affordable, quality program**

#### KARATE TEACHES:

- Focus
- Attention
- Self-Esteem
- Respect
- Balance
- Fitness / Flexibility
- Goal Setting Skills
- Leadership Skills

For more information, visit us at

**Trenton YMCA**

**431 Pennington Ave, Trenton, NJ 08618**

**Call 609.599.9622**

Register online at <https://apm.activecommunities.com/trentonymca>