

Grades 1-3

KIDS Martial Arts

Building Self Esteem through Self Discipline



- ◆ Improve self-esteem
- ◆ Improve flexibility for good posture
- ◆ Improve coordination
- ◆ Increase focus
- ◆ Build confidence
- ◆ Learn respect, discipline and self control
- ◆ Increase strength
- ◆ Develop courtesy for others
- ◆ Teach goal setting and patience
- ◆ Develop leadership skills.

6 Week Session

MONDAYS

4:00 - 4:45pm

Starting April 17th

COST

Full Session

Member: \$69 / Guests: \$89

Drop In

Member: \$15 / Guests: \$20

SPA23
FITNESS AND LIFESTYLE

Pure
massage

BEYOGA
TRADITIONAL & HOT YOGA

CrossFit
PEQUANNOCK

CAMP
SPA23