

# Karate



A goal oriented, year round sport that literally conforms to all physical levels and abilities. Learn self defense, build confidence, increase flexibility, improve self discipline and get a great workout. Classes are taught by Sensei Fairfield, a dedicated 2nd degree black belt and long-time member of the Tao Karate Club. Sensei Fairfield is assisted by his four children, all of which are black belts. This is a true family program!

**February 28th - April 21st**

**Monday**

\*Little Ninjas (Beginners: Age 4-9) 4:30-5:30pm

\*Tao Karate (8 years—Adult) 5:30-6:30pm

*Members \$45.00 Standard \$75.00*

**Monday & Thursday Combo**

\*Little Ninjas and Tao Karate (Thursdays) 5:30-6:30pm

*Members \$75.00 Standard \$135.00*



Register online at

[www.wiscassetrec.com](http://www.wiscassetrec.com)

or call 882-8230