

☯ Self - Defense & Safety Awareness Education ☯

Champion Youth & The Sudbury Parks & Recreation

★★★ Achieve your Best in the Year 2008 Spring Session ★★★

Enhance your-
Mind, Body & Soul



☺ **Pay Weekly** at \$10.00 Per Lesson with a \$10 Registration Fee (This Includes Testing Fee)

☺ **Save \$23.00 By Paying In Full:** \$80.00 includes the registration Fee & Testing Fee!

What?

This unique program combines Safety Awareness Education with Karate Instructor Shawn Thompson in a fun structured environment. Additional benefits include **Self-Discipline, Self-Control, Focus, Concentration, Self-Esteem,** and **Respect** for others.

Where?

Sudbury Parks & Recreation: 40 Fairbank Road, Sudbury, Ma 01770 The Rec. Dept is located off of Hudson, Road – With plenty of parking.

Classes are in the (Gym)

When?

Registration and the **First Class** begins on **April 14th**

⇒ (For 8 Weeks) **Classes held every Monday**

⇒ **Note:** No Class on May 26th & April 21st

What Time?

New Students

Ages 5 - 8

6:30 – 7:10

New Students

Ages 9 – 18

7:15 – 7:55

A uniform (Gi) is highly recommended for motivation and freedom of movement, available for \$25.00 at your class - See Instructor.

If you have any questions, please call The Sudbury Parks & Rec. at (978) 443-1092 or Champion Youth at (978) 567-8877