

CONFLICT AVOIDANCE CLASSES

To Benefit Your Children and North Penn Volunteer Fire Company

Action Karate would like to invite your families to a fun first group lesson!

Saturday, May 20, 2017

This lesson will introduce your family to Action Karate and the life skills program we offer. Afterward we will be offering a fundraiser to benefit North Penn Volunteer Fire Company. Individuals or families will be invited to try classes for 4 weeks. We offer classes from ages 3 to adults.

Call today to reserve your space:

Action Karate (215) 839-0080 122 North Main St, North Wales, PA

4 week class (includes uniform)- \$158 offer at only \$59 /Entire family \$99

Classes offered 6 days a week and numerous flexible class times. Your first lesson is a private one on one lesson where your child receives their uniform and intro to martial arts protocol. Arrive 5 min. early the first day to receive uniform.

Benefits of Martial Arts include IMPROVED *self-esteem *self-discipline *respect for self and others *Concentration *Grades *Personal responsibility *Physical fitness & Flexibility *self-defense *Meet new friends & have fun!



All children, teens and Parents should learn safety awareness and defense strategies!

North Wales Volunteer Fire Department is sponsoring Action Karate, a comprehensive safety awareness program that is a must for all children. Children will be placed into classes according to age and ability. Class will be twice per week with emphasis placed on learning: awareness skills that will enable the child to avoid potentially dangerous situations; verbal skills that will enable a child to talk their way out of a confrontational situation; and lastly, age appropriate self-defense techniques... and have FUN in the process. Parents can also participate in fantastic classes Action Karate has been teaching youth self-Defense and black belt excellence in the community since 1994 and is proud to offer the opportunity to children 3 and older within North Wales area.