

Norton Parks & Recreation

The Martial Arts Connection Programs

Karate Kids

Boys & girls ages 4-6

\$40 per child

Includes t-shirt, karate pants and white belt

Program begins week of Sept. 6

Tuesdays • 5:45-6:30pm

or Thursdays • 4:00-4:45pm

or Saturdays • 8:45-9:30am

4 weeks, 2 times per week

During the classes we will work to improve your child's large motor skills, eye-hand coordination, balance, body control, focus, sharing and physical fitness. We accomplish this goal with the instruction of the most basic and fundamental martial art skills in a fun and exciting way! Each week the students will have a mental lesson as well that they get to take home and work on throughout the week with their families.

Pre-registration is required and a minimum of 5 sign-ups in order to run the program.

Beginner Martial Arts

Boys & girls ages 7-12

\$40 per child

Includes t-shirt, karate pants and white belt

Program begins week of Sept. 6

Mondays • 4:45-5:30pm

or Wednesdays • 4:00-4:45pm

or Fridays • 6:00-6:45pm

or Saturdays • 9:30-10:15am

4 weeks, 2 times per week

While working on the same basic skills as the Karate Kids, we also begin to work on the more essential details that help to keep children safe in real self-protection situations. The main focus of these classes are to make children aware of potentially dangerous situations and how to deal with them appropriately when they arise, but to do so in a non-intimidating and fun environment!

Pre-registration is required and a minimum of 5 sign-ups in order to run the program.

Boxing/Conditioning Class

Male & female ages 13 & above

\$30 per person

8 classes in September

Class time options:

Mondays • 6:45pm

Tuesdays • 9:30am

Thursdays • 6:45pm

Fridays • 9:30am

Saturdays • 7:30am

This strength and conditioning program focuses on increasing any student's physical fitness, shaping their body and training basic boxing skills without contact to other students. Do you want a great boxing/striking workout without the bruises? Tired of the boring treadmill or elliptical? This is your class! Please bring hand weights, boxing gloves and water.



Please mail your enrollment form with payment to:

The Martial Arts Connection
41 Pleasant Street, Unit 4
Norton, MA 02766

If you have specific questions, please call Mr. Murphy and Miss Joyce at 508-222-0014.

All proceeds to benefit the Norton Parks & Recreation Department and the Everett Leonard Pool.

TO REGISTER FOR THESE PROGRAMS:

Go to www.nortonparksandrec.com ▶ Click on Programs ▶ You will see the TMAC information
