



8 WEEK STARTER PROGRAM



AGES 5-12



BEGINNER FRIENDLY



SAFE & SUPERVISED

A positive, supportive environment where children **learn, grow** and become their **best!**



**REDUCE
SCREEN TIME**
Build healthy habits



**CONFIDENCE
& FOCUS**
Stronger mind,
better results



**GET FIT
& ACTIVE**
Improve fitness,
energy & discipline

START THEIR JOURNEY. BUILD THEIR FUTURE.

SPRING

KARATE CLASSES NOW FORMING!



1760 Upper James St. Unit 5,
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905-575-1115



www.firstchoicemartialarts.com



BUILDING CONFIDENCE.
IMPROVING FOCUS.
EMPOWERING KIDS.

Martial arts training promotes respect, discipline, focus, and an active lifestyle.