

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!

November 2nd - December 17th

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 (Fridays) 5:30-6:30pm

Members \$75.00

Standard \$135.00



Register online at

www.wiscassetrec.com

or call 882-8230