

Extra Ed. Club

Martial Arts



Register online: [ExtraEd.ca](https://www.ExtraEd.ca)



Martial Arts

Grades 1-4

In Martial Arts, confidence is paramount. With a focus on defensive Karate Martial Arts, our coaches use basic movement forms together with improv-based activities to guide students in applying the forms to different scenarios. In this way, students will learn effective communication and problem-solving skills, teamwork, and self-defense. We place an emphasis on building a strong sense of self and trust within a nurturing environment that fosters respect, kindness and honesty. All skill levels are welcome!

Monday After School

Sep-30 to Nov-25 -- 3:00 to 4:15

\$262.00 +HST

EVERYONE IS WELCOME Every child is able to participate in our programs, regardless of a family's economic circumstances. If cost is a barrier, parents may register their children and pay less, or even nothing. Details available at registration.

[ExtraEd.ca](https://www.ExtraEd.ca)
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