

AMERICAN SOCIETY OF KARATE

— CONROE PARKS AND RECREATION DEPARTMENT —

Youth White Belt	Tue. 6-7pm	Ages 5-12	\$35 (\$44)
Youth Yell.-Red Belt	Tue. 7-8pm	Ages 5-12	\$35 (\$44)
Adults	Tue. 8-9pm	Ages 13-up	\$35 (\$44)
Session 1: Jan 7 - March 17 Register: Nov 25(Dec) - Dec 28			
Session 2: March 24 - May 19 Register: Feb 17(24) - Mar 14			
<i>At the C.K. Ray Recreation Center</i> <i>Location: Conroe Activity Center</i>			



About the American Society of Karate: The ASK is a year-round program for children (ages 5-12), teens, and adults. We offer professional, affordable, and supportive martial arts training with no contracts or association fees. Students are accepted who wish to train recreationally, as well as those who prefer to make karate a serious part of their personal development.



Curriculum: Our ongoing program teaches the art, sport, and self-defense aspects of American Karate. We offer a white through black belt system taught in a safe, upbeat, and positive atmosphere. Students set individual goals and progress through our program at their own pace. **Junior Classes** (ages 5-12) emphasize academic excellence, self-esteem, confidence, and respect. Abduction awareness is also incorporated into the junior program. **Adult Classes** focus on fitness, self-defense, and personal development. Most adults join to get back in shape, make new friends, and learn self-defense. **Family Benefits** include common goals, shared values, cooperation, and teamwork. Many adult students re parents that have joined to assist and encourage their children.

Activities: Optional events like karate camps, tournaments, belt tests, and seminars are integrated into the curriculum to enhance learning and enthusiasm. There are additional fees for these events. Friendly tournaments are held four times per year.



For more information call the
C.K. Ray Recreation Center 936-522-3900
or visit us at www.cityofconroe.org

Our mission is to improve the quality of life in Conroe by providing the best parks and Recreation facilities and programs at affordable prices.