

AMERICAN SOCIETY OF KARATE

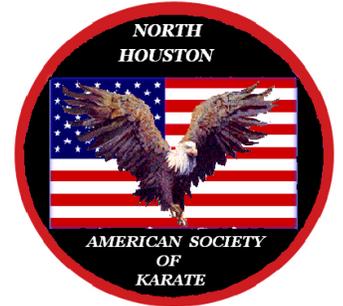
— CONROE PARKS AND RECREATION DEPARTMENT —

Youth White Belt	Mon. 6-7pm	Ages 5-12	\$35	(\$44)
Youth Yellow - Red Belt	Mon. 7-8pm	Ages 5-12	\$35	(\$44)
Adults (All Belts)	Mon. 8-9pm	Ages 13-up	\$35	(\$44)

Sessions are ongoing. Contact the C.K. Ray Recreation Center for upcoming start dates and registration

Location: Conroe Activity Center

\$5 late fee for registering after the scheduled registration dates.



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.



CITY OF CONROE
PARKS AND RECREATION

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 are 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
Conroe Recreation Center 936-522-3900
or on-line: www.cityofconroe.org/parks**



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