

Parent & Me

SELF DEFENSE

La Mott Community Center
7420 Sycamore Avenue
La Mott, PA 19027
215-635-3255

12 Weeks

Date: Wednesdays,
beginning January 29th

Time: 6:30-7:30 p.m.

Ages: 6 and Older

Limit: 20 Participants

What's better than quality time with your child? Better health, self-defense training and quality time with your child.

(Individual registrations also accepted.)

This class is appropriate for students of all levels. It's up to you if you want to master the basics or climb the ranks by earning the next belt.

Learn the basic technique of Karate through Tae Kwon Do, Aikido and Jujitsu. Class stresses physical exercise, body conditioning, traditional Karate forms, self-defense techniques, discipline and Martial Arts philosophy.

Instructor Robert Engle has been teaching Martial Arts to all ages for over thirty years.

Fees:

Residents:
\$50 per person

Non-Residents:
\$75 per person

*Individual registrations
also accepted.*

Registration Information

Online: <https://cheltenhamtownship.recdesk.com>
All credit card purchases have a fee of 2.65%

In person: Cash, Check or Money Orders only
Credit cards only accepted online.

Saturday, January 11th from 10:00 a.m. to Noon.
Mondays through Fridays, January 13th - 17th from
9:00 a.m. to Noon, 1:00 p.m. to 4:00 p.m., and 6:30 p.m. to 8:30 p.m.