

# Karate and Development Program

Supported by: City of Dunkirk Youth and Recreation Department



355 Central Ave Fredonia  
(Next to the D&F Plaza)

**672-6683 or 680-1121**



FREE uniform (restrictions apply)

## The Karate Kidz Zone and The Family Martial Arts Center

are joining together with Dunkirk City Recreation to help children and families with this mission. The Karate Kidz Zone and The Family Martial Arts Center are more than just karate. We are a family. The Family Martial Arts Center and the The Karate Kidz Zone offer a safe place for families to come in and learn self defense, and to be around positive people. We offer classes for family's ages 2-90, and encourage parents to join in, take class and be involved. Our classes teach confidence, karate, self defense, discipline, morals, respect, awareness, values, peer pressure awareness and so much more.

**Pre-Registration:** May 19<sup>th</sup> 9:00am til Noon (or call)



**Session #1:** May 21 thru May 26<sup>th</sup>  
**Session #2:** May 28<sup>th</sup> thru June 2<sup>nd</sup>  
Monday 5:30pm – 6:30pm  
Wednesday 6:00pm – 6:50pm  
Saturday 9:30am – 10:45am

