



Pro Martial Arts & Fitness Centre

AFTER SCHOOL PROGRAM

Free Transportation from School



For all elementary school children
From Monday to Friday
We pickup from school
Parents pickup by 6:00 PM
Enrollment from September to June

Program cost includes free transportation from school, martial arts (Taekwon-Do & Self Defense classes each day from 4:00pm to 5:00pm, full day on P.A. days, supervised activities from 5:00pm to 6:00pm.

Please call for pricing and further details.

Independent studies show that martial arts improves mental focus, increases attention span, strengthens physical attributes and self-defense skills. Now you know that martial arts also sharpens the mind. Allow us the chance to be a part of your child's development today in order to help them get the proper foothold to become the leaders of tomorrow.

Martial Arts Improves Mental focus & Better Grades



BUILD YOUR CHILD'S MIND & BODY WITH:

- Better grades
- Weight management
- Increased confidence
- Self discipline
- Increased concentration
- Better health and vitality

Taekwon-Do Classes Every Day!

