

# KARATE CLINIC

## Special Christmas Overnighter



**Saturday & Sunday December 3 & 4, 2016**  
**For boys and girls Ages 6 - 13 yrs. Held at the YMCA in Watertown.**  
**Attention Parents!**

**We will be having a special Christmas Overnight Clinic at the YMCA. While the annual Clinic is not open to the public it is fun and educational for the kids. Parents are always welcome to attend or help chaperone. There will be the traditional visit from Santa as part of the Christmas Party. Gifts will be distributed to all students. Don't miss this yearly Holiday event!**

Karate Techniques, Nutrition, Meditation, Physical Exercise, Fun, Kicking, Katas, Self-Defense, Fun, Fun, and More Fun.



Led By: Master Rose Carpenter



Things you will need: **Christmas Spirit**, sleeping bag, pillow, toilet articles (tooth brush, towel, wash cloth, etc.), food for a day and a half (should include snacks). Appropriate clothing (karate students should bring their uniform) sweatshirts, jeans, tee shirts, swimsuits, etc.

For more information contact:

American Kang Duk Won Karate  
Watertown Family YMCA  
119 Washington Street  
Watertown, New York 13601  
Phone: (315) 788-8402

### ARRIVAL TIME

Saturday: 10:30 - 11:00 a.m.

### PICK-UP TIME

Sunday: 9:00 - 9:30 a.m.

