

KARATE CLINIC

Special Christmas Overnighter



Saturday & Sunday December 1 & 2, 2018
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.

