

Groton Parks and Recreation

Adaptive Karate



Students learn

- how to overcome physical challenges by utilizing their strengths and improving their weaknesses
- to promote physical fitness
- a deeper mental awareness and self control
- a practical method of self defense
- respect and an understanding of oneself and others
- self-awareness and self-confidence
- improve range of motion, balance, endurance, coordination, concentration flexibility and stamina
- a strong social dimension from which many friendships can be fostered

Free

William Seely School

Jan. 26-March 16, 2010

Ages 5- adults

Tues. 5:30-6:15PM

Must register at Groton Parks and Recreation

Any questions please feel free to call the Recreation Office at
536-5680