



Karate
Brockville



YMCA

We build strong kids,
strong families, strong communities.

Invites our friends to our
Third Annual

'Martial Arts Participation Challenge'

Saturday, May 7, 2011: 9 am - 4 pm

Join us for a full day of Training Seminars and friendly competition.

Not a Martial Artist??

No problem! We have the facilities for the whole day!

(Pool use in the afternoon) **We encourage families to participate!**

Bring your swimsuit, tennis racquets, use the weight room
try out the treadmills or join Yoga - Women's Self Defense Seminars!

\$30.00/person \$50.00/family (taxes incl.)

On site refreshments and BBQ

Dojo Dogs, Haito Burgers, Shuto Sausages

All proceeds to support the Brockville and Area YMCA

"2011 Annual Giving Campaign: The Power of Giving"

***For more information or to register please contact:
Bill Williams at 613-348-1252 or wwilliams@sympatico.ca***

**Seminars
Yoga, Boxing, Kicking, Kata, Self Defense
Competition
Kata Kumite Self Defense
Participation
Red Man, Obstacle Course,**

Brockville and Area YMCA

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Your YMCA- A Charity Open To All