



YMCA

We build strong kids,
strong families, strong communities.



Karate Brockville

Invites our friends to our Second Annual 'Martial Arts Participation Challenge'

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

Seminars: Yoga, Boxing, Kicking, Kata, Self Defense

Competition: Kata Kumite Self Defense

**Participation: Red Man, Obstacle Course,
Misu Waza (swim suit required)**

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 (13 yrs+), try out the treadmills (13 yrs+),
or join our Yoga—Women's Self Defense Seminars!

**Saturday,
May 15, 2010
9 am-4 pm**

\$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
"2010 Annual Giving Campaign: The Power of Giving"**

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

Brockville and Area YMCA

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Your YMCA - A Charity Open To All

