

MOUNTAIN MARTIAL ARTS KARATE

SPONSORED BY MONROE TOWNSHIP PARKS & RECREATION

FALL 2024 - SESSION II



Mini Ninjas

TEACHES LISTENING,
CONFIDENCE, FOCUS, &
MORE

MON/TUES/WED/THURS

AGES 4-5

4:00-4:30PM

OR

4:30-5:00PM

Karate Kidz

TRADITIONAL KARATE
TAUGHT IN ENGLISH AND
JAPANESE

MON/TUES/WED/THURS

AGES 6-8

5:00-5:45PM

5:45-6:30PM

AGES 9-11

6:30-7:15PM

Teen Karate/ Self Defense

SELF DEFENSE, POINTS OF
AWARENESS

TUES/WED/THURS

AGES 12-15

7:15-8:00PM

7:30PM-8:15PM
(MONDAYS ONLY)

Adult Karate

KEEP YOUR BODY STRONG
AND MIND SHARP

TUES/WED/THURS

AGES 16+

8:00-8:45PM



**ALL CLASSES HELD AT
MOUNTAIN MARTIAL ARTS DOJO
248 TEXAS RD, OLD BRIDGE, NJ 08857**

SESSIONS START WEEK OF NOVEMBER 4TH, 2024

**REGISTRATION INCLUDES 1 CLASS PER WEEK FOR A 6-WEEK SESSION.
FEE FOR 6-WEEK SESSION IS \$85.**

UNIFORMS AVAILABLE FOR AN ADDITIONAL \$50.

REGISTRATION AND PAYMENT MUST BE DONE ONLINE:

[HTTPS://REGISTER.COMMUNITYPASS.NET/MONROETOWNSHIP](https://register.communitypass.net/monroetownship)

FOR REGISTRATION QUESTIONS, CONTACT COMMUNITY CENTER: 732-723-5000

FOR MORE INFORMATION ABOUT SPECIFIC CLASSES: MOUNTAINMARTIALARTSNJ.COM

Photo Policy: By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.