

# Karate



A goal oriented, year round sport that literally conforms to all physical levels and abilities. Learn self defense, build confidence, increase flexibility, improve self discipline and get a great workout. Classes are taught by Sensei Fairfield, a dedicated 2nd degree black belt and long-time member of the Tao Karate Club. Sensei Fairfield is assisted by his four children, all of which are black belts. This is a true family program!

## January 7th - February 22th

### Monday

\*Little Ninjas (Beginners: Age 4-9) 4:30-5:30pm

\*Tao Karate (8 years—Adult) 5:30-6:30pm

*Members \$42.00*

*Standard \$72.00*

### Monday & Friday Combo

\*Little Ninjas and Tao Karate (Fridays) 5:30-6:30pm

*Members \$72.00*

*Standard \$132.00*



**Wiscasset**

Parks & Recreation Department

Register online at  
[www.wiscassetrec.com](http://www.wiscassetrec.com)

or call 882-8230