



# POSITIVE IMPACT MARTIAL ARTS AFTER SCHOOL PROGRAM

## LOCATION

BEVERLY FARMS ES (MUSIC ROOM 117)

## DATES (8 SESSIONS)

FRIDAYS, 12/1/2017 - 2/9/2018

NO CLASSES ON 12/29/17 AND 1/26/18

## TIME

3:40 - 4:40 PM

## GRADE

1 - 5

## COST

\$140.00



ONLINE REGISTRATION: [WWW.POSITIVEIMPACTMA.NET](http://WWW.POSITIVEIMPACTMA.NET)

EMAIL: [PIMA.POTOMAC@GMAIL.COM](mailto:PIMA.POTOMAC@GMAIL.COM)/TEL: 301-299-7500

OUR UNIQUE PROGRAM IS MUCH MORE THAN JUST AN AFTER-SCHOOL ACTIVITY. THROUGH GAMES, DRILLS, EXERCISES AND PATIENT COACHING IN OUR SPECIALLY-DESIGNED MARTIAL ARTS CLASS, STUDENTS LEARN:

- CONFIDENCE BUILDING EXERCISES
- TO PLAY WELL WITH OTHERS
- TO RESIST NEGATIVE INFLUENCES
- EXERCISES TO DEVELOP COORDINATION, FLEXIBILITY, BALANCE AND STRENGTH
- SAFETY TIPS
- TAE KWON DO AND KARATE BASICS

"These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school."