

Introduction to Karate



Monday, July 15

1:00 - 1:45 p.m.

Participate in Karate activities. Warm up, stretch, and learn basic punches and kicks (no contact). Dress in gym clothes and bring a water bottle. No prior experience required.

Ages 6-11.

Instructed by Sensei Thomas Smith
of Sumisu Dojo.

Registration begins Monday, June 3.
Register: bit.ly/lancasterlibrary or call 716-683-1120.

Thank you to the Ralph C. Wilson, Jr. Foundation for funding this program.

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