

MOUNTAIN MARTIAL ARTS KARATE

SPONSORED BY MONROE TOWNSHIP PARKS & RECREATION

SPRING 2024

Mini Ninjas

TEACHES LISTENING,
CONFIDENCE, FOCUS, &
MORE

MON/TUES/WED/THURS

AGES 3-5

4:00-4:30PM

OR

4:30-5:00PM



Karate Kidz

TRADITIONAL KARATE
TAUGHT IN ENGLISH AND
JAPANESE

MON/TUES/WED/THURS

AGES 6-11

5:00-5:45PM

5:45-6:30PM

OR

6:30-7:15PM



Teen Karate/ Self Defense

SELF DEFENSE, POINTS OF
AWARENESS

TUES/WED/THURS/SAT AM

AGES 12-16

7:15-8:00PM

11:00AM-11:45AM
(SATURDAY ONLY)

Adult Karate

KEEP YOUR BODY STRONG
AND MIND SHARP

TUES/WED/THURS

AGES 16+

8:00-9:00PM

10-11AM (TUES ONLY)

11-12PM (SAT ONLY)

Kenja Club

CLASSES FOR SENIORS
INCREASE STRENGTH,
BALANCE, CIRCULATION,
SELF-ESTEEM

TUESDAYS

11:00AM-12:00PM

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

SESSIONS START WEEK OF APRIL 8TH

**REGISTRATION INCLUDES 1 CLASS PER WEEK
(8-WEEK SESSION). FEE FOR 8-WEEK SESSION IS \$80.
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.