

Baltimore County Department
of Recreation and Parks,
Carroll Manor Recreation
Council and United Martial
Arts of Maryland present



Karate

DESCRIPTION

UMAM karate is a unique combination of American Kenpo Karate, Tang Soo Do, Ju jitsu, Chin Na, and Judo. As students progress through belt-ranks they learn self-defense, self-discipline and concentration. They also gain fitness, motivation and new friendships.

STUDENT AGE

Students age eight years and up welcome. Classes are mixed-age and grouped by belt rank. No prior experience needed.

LOCATION

The Recreation Center at Sweet Air Park, 3605 Sweet Air Road, Phoenix, MD 21131

REGISTRATION

Typically sessions are eight weeks (16 classes), depending on holidays and closings. The next session is an eight-week session starting Saturday, January 7, 2012. Registration begins that morning at 9:45 am, with the first class of the session starting at 10:00 am.

Please note, class sizes are limited and registration is on a first come basis.

CLASS TIMES

Class meets twice a week for all students.

Mondays

6:30 pm - 8:00 pm

Saturdays

10:00 am - 11:30 am

Additional class time is available for students with the approval of the Black Belts.

COST

Contribution is \$70 per eight-week session. Please make checks payable to CMRC

CONTACT

Visit www.UMAM.org or www.carrollmanor.org, or contact Fred Foglewski at 410-785-1785



Note to parents: This activity is designed to provide a healthy and enjoyable experience for your child. However, this program is not a child care program and is not designed to provide childcare. Therefore, parents are encouraged to discuss attendance expectations with their children. Staff cannot detain any youth wishing to leave at any time!