

## Free Sport Kickboxing and Self Confidence, ages 10-14



Introductory session Saturday, March 9<sup>th</sup>, 1:00pm – 2:00pm, at the Belledune Municipal Hall Gymnasium.

Open to boys and girls in the Belledune area, we are looking to gauge interest, in the hopes of running a 6-week program held each Saturday, 1:00pm – 2:00pm. The aim of the program is to teach fitness, basic Kickboxing/Sport Karate skills, as well as self-confidence, self-esteem, and anti-bullying skills.

Introductory session breakdown is as follows:

- First 10 minutes, basic warm up.
- Next 30 minutes, basic Karate/Kickboxing skills instruction.
- Final 20 minutes, teaching participants how to identify self-worth.
- \*\*\*Participants should wear loose fitting clothing, similar to gym class attire\*\*\*

All classes taught by Dave DeGrouchie, 30+ years' experience.



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**For More information, contact Darrell Culligan, 520-9322 or 522-3714, or email:  
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