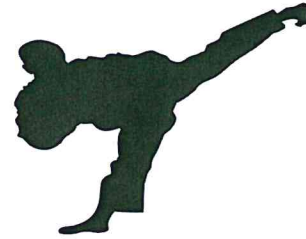


Flagler Sheriff's PAL  
Core Martial Arts & Fitness Program  
Core Martial Arts & Fitness is committed to teaching  
students CORE Values  
No Registration, testing or promotions fees. Uniform  
INCLUDED



- **Confidence** -to develop self-assurance from the appreciation of one's own abilities and qualities
- **Order**- to manage one's life such that all components are arranged logically and to the highest standard of ethical behavior
- **Respect**- holding others in esteem and to believe you are also good and worthy of being treated well.
- **Endurance**- having the physical and moral strength to continue on despite the circumstances

**Intermediate Class Ages 6-10**- Basic Karate & Judo techniques are taught through martial art drills and games. Emphasis is placed on learning and practicing core values and improving the student's physical fitness.

**Junior Class Ages 10-Up**- Karate & Judo techniques taught through martial art drills forms and controlled sparring. Emphasis is placed on character building, conflict resolution, discipline, self-defense and physical fitness.

Old Kings Elementary

Multi-Purpose Room

Wed & Fri 4:00-6:00pm

**DEMO Night March 21<sup>st</sup> 6:30-8 PM**



\*\* In addition to regular class, students will have the option to attend Saturday Morning Martial Arts Class at Fitness One, 250 Old Kings, Flagler Beach  
NO CHARGE

## Membership Rates NO CONTRACTS

Classes are 1 hr/ 2 times per week

6-10yrs CLASSES 4-5pm & CLASSES for 10yrs-Up 5-6pm

Month-Month \$55.00    3 Months \$150.00    6 Months \$275.00

"Flagler County Schools do not specifically endorse or support the program or individuals involved in Core Martial Arts Program. This program is sponsored by the Flagler Sheriff's Police Athletic/Activities League"

[www.flaglersheriffspal.org](http://www.flaglersheriffspal.org)  
386-586-2655