

# Karate



Classes held at  
**St. Jacobs Public School**  
&  
**The Woolwich Memorial  
Centre**



Be fit,  
strong, fast and flexible.  
Improve mental focus.  
Have fun!

Youth and Adult Classes

**Trial Offer: 2 months for \$25 / mo.**



Classes Start Sept 14<sup>th</sup>

For more information:  
Contact Dave Hoover @

**[www.WhiteHeronMartialArts.com](http://www.WhiteHeronMartialArts.com)**

[Dave@WhiteHeronMartialArts.com](mailto:Dave@WhiteHeronMartialArts.com)

(226) 288-3883

