

The City of New Haven Youth and Recreation Department



Min. 12 Max 20

# Martial Arts

## ABOUT OUR PROGRAM

Focus and Control is a 12-week introductory martial arts program designed for our youth between the ages of 7 - 18 years old. Each participant will learn the fundamentals of martial arts, such as strikes, blocks, kicks and kata. They will also benefit from breathing and stretching.

**12-Week Program**

**\$130 includes uniform**



## DATES & LOCATION

John Martinez School

100 James St., New Haven, CT  
SATURDAYS, 11:30am - 12:30pm

Program 1. October 22, 2022 - January 14, 2023

Location for Session 2 and 3 is to be determined.

Program 2. January 28, 2023 - April 29, 2023 OR

Program 3. May 6, 2023 - July 29, 2023

## How to REGISTER

1. you can return your completed form to 720 Edgewood Ave., New Haven between the hours of 9 am -4:45 pm or drop in door slot after hours.

2. You can email completed form to [yaw4@newhavenct.gov](mailto:yaw4@newhavenct.gov) or [rwicks@newhavenct.gov](mailto:rwicks@newhavenct.gov)

3. or call (203)946-7073 to register over the phone.

