

Karate Classes

A youth karate class with The Windsor School of Self Defense provides mental and physical strengthening



Description: The Windsor School of Self Defense with Joe Jones offers an excellent physical and mental workout, increasing ones' coordination and flexibility. Whether your goal is to build self-confidence, increase strength or just have fun, this class has something for everyone. Youth 5-15 are welcome to join. The program meets at LP Wilson Community Center on Tuesdays & Thursdays from 6pm-7pm. Fee is \$45 per month and a one-time purchase of a uniform through Joe Jones.

Ages: 5-15

Date/Time: Tuesdays & Thursdays from 6:00 PM - 7:00PM.

Location: LP Wilson Community Center, 599 Matianuck Avenue, Windsor

Price: \$45 per month (register at the beginning of each month)

