



NCPAL – Merrick Unit

Martial Arts and Self Defense Classes



MARTIAL ARTS

Help your child build self-esteem, build friendships, and learn the discipline of Martial Arts



Boys and Girls – Ages 9-16
Wednesday nights - 7-8pm
Beginning October 4th through December 13th
(10 sessions - no class Nov.22nd)

Registration: \$100
Space is limited to 25 students – first come first serve

TEEN SELF DEFENSE CLASS

Learn basic defensive tactics and safety awareness



Boys and Girls – Ages 13-19
Wednesday nights – 8:15-9:15pm
Beginning November 1st – November 15th
(3 sessions)

Registration: \$25
Space is limited to 25 students – first come first serve

All Classes held at the Brookside School - Wrestling Room
1260 Meadowbrook Rd, North Merrick

visit our website to register: merrickpal.org

For questions email: palmermerrickjudo@gmail.com