



**FONSECA**  
MARTIAL ARTS

**The Meadowbrook PTO  
is excited to  
Partner with FMA**

**for an After-School KARATE program of  
6 Classes & the chance to Earn a Belt**

**Build Physical Skills - Stamina, Coordination, Balance & Flexibility  
PLUS**

**Confidence Boosting Skills - Discipline, Focus, Respect & Goal Setting**

### **Timing / Locations:**

- Thursdays, 4/13, 4/20, 4/27, 5/11 & 5/18 from 3:30-4:30 at Meadowbrook School
- 6th Final Class will be Belt Testing Class at the Glenview FMA Dojo on Saturday, 5/27, from 2:30-3:30

### **For Meadowbrook Students Only**

- School Grades 1-5
- Limited Availability - Minimum of 8 students & Maximum of 30 students for this class session
- Open to Beginner Level through Green Belt

**Discounted Rate:** \$120 Total per Student for 6 Classes

**Registration Opens Soon at [www.Meadowbrookpto.com](http://www.Meadowbrookpto.com)  
Enrollment AND Liability waiver will need to be submitted  
before Admission is Accepted**

*100% funds donated by FMA to the Meadowbrook PTO*

