

武 RICHMOND HILL BUDOKAN



and
Beyond Abilities Centre

offer

Integrated Martial Arts for Physically Disabled Individuals

Wednesdays - 6:00 to 7:00 P.M.

This program is designed to help the individual student build the following skills:

- Self Defence
- Respect
- Honour
- Discipline
- Self Esteem
- Confidence
- Eye-Hand-Foot Coordination
- Increase Concentration



All while having fun through the Martial Arts.



Safety is our first concern; therefore these classes will progress at a pace dependent on the ability and comfort of the individual. There will be an assessment lesson to determine if it is a good fit for the individual to take the classes.

**To Register or for more information please call *Beyond Abilities Centre*
at 905-478-2888 or BeyondAbilities@start.ca**

Dojo Membership Fee: \$25.00 (plus HST) \$28.50 for one year

Fee: \$150.00 for 10 classes (HST included)

Location: **10 Newkirk Road, Unit 7, Richmond Hill, ON L4C 5S3**

BAC MISSION – To maximize functionality of all individuals regardless of age or ability.

With Support from OTF



www.BeyondAbilitiesCentre.ca

Helping Individuals with Disabilities