



Children. Families. Community.

Sign up your 4- or 5-year-old preschooler for ...

Martial Arts!

Martial arts training teaches children focus, confidence, respect, self-discipline and more!

Encompass is teaming up with DMW Martial Arts and Fitness of Snoqualmie to host this six-week program at the Encompass Main Campus.

All instructors are qualified black-belt martial artists who will teach eight fundamental skills: focus, teamwork, control, balance, memory, discipline, fitness and coordination.



Martial Arts Series

**Six-week series: 9 a.m.-noon on these Fridays:
Feb. 3, 10 and 17, and March 2, 9 and 16, 2012**

Families are invited to a special graduation ceremony from 11 a.m.-noon Friday, March 16, where your child will receive his or her first belt!

Sign up today! Space is limited.

Fee per child: \$120 (snacks included)
To register, contact **Stacey Cepeda** at Encompass:
425.888.2777 / www.encompassnw.org
Encompass Main Campus
1407 Boalch Ave NW, North Bend 98045

