



Are you interested in Karate Classes that will teach Life Skills and Self Defense? This class will be great for beginners and experienced alike! No matter their skill level or physical condition. This class will be a fun and safe for everyone.

What: International Karate will be starting classes for 8-16 years individuals with intellectual and developmental disabilities.

When: Classes will start Saturday Sept 9th at 1pm

Where: International Karate (6626 Gordon Rd. Wilmington, NC)

Ages: 8-16 years

Join us for a new class that will be tailored to the 8-16 year age group. Our Adult classes are very successful and we're excited to introduce this new class for our younger athletes.

If you're interested then please call Pat Wiegand at 910-233-6173(c) or email Tiffany Lesley at tiffany.lesley@wilmingtonnc.gov

