

Little Dragons Martial Arts Program



Thursday November 3

7:00 PM

**Ages 4 and up with
caregiver**

Join Carlos Flores, martial arts instructor at Counterstrike Mixed Martial Arts Academy, for this exciting program.

Little Dragons will provide kids with the fundamentals of fitness, as well as an introduction to the martial arts. Through a variety of activities and exercises, students will improve the fitness of their body, mind and spirit. Registration is required.