

After School Is A Totally Kickin' Experience At American Freestyle Karate

The AFK Drop-In Facility After School Martial Arts Program

High-Energy Karate Classes.
Structured Games & Activities.
Classes for Beginners.
Personal Safety Instruction.
Certified Black Belt Instructors.
Transportation from School to AFK.

Only \$55.00 Per Week for One Child.

Only \$35.00 Per week for Addl. Child.

Great Hours: 2pm–6pm M-F.

Hours on Snow Days & Days off.

The AFK staff will follow parent's instructions
For managing special needs and issues – ADHD,
disruptive behavior and cognitive challenges.

Enrollment is simple and easy. There is no
enrollment fee and we'll help you arrange
transportation with your child's school.

Contact **Amanda Camden** for details.
Phone: 549-353-4681 Email: i4u2cc@aol.com

The Martial Arts have been known for centuries as a means to improve fitness, coordination and concentration skills. Many parents also report improved and more respectful behavior at school and at home. The AFK Drop-In Facility After School program provides a fun way to integrate the benefits of Martial Arts instruction into your child's education.



American Freestyle Karate
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**Virginia Karate Alliance
State Team Champions
2004, 2005 & 2006**