



# Back To School SPECIAL

## AFTER SCHOOL PROGRAM

- Self Confidence
- Discipline
- Respect
- Self Control
- Self Defense
- Physical Fitness

**SAVE  
\$150\***

### Schools that we pick-up from:

- GW Carver • West Salem • South Salem
- East Salem • Andrew Lewis • Fort Lewis
- Glenvar • Glen Cove.

540.387.0450

[www.americanfreestylekarate.com](http://www.americanfreestylekarate.com)

## Offer your child a mind blowing alternative to standard day care.

### *Dear Working Parent,*

You know how difficult it is to find a quality After School program. Most programs are little more than glorified baby-sitting services with no structured plan to improve your child's health, self-esteem, behavior, confidence, focus, manners, leadership skills or self-discipline.

Worry no more—your child can enjoy a fun, safe, structured, top-quality Martial Arts program at American Freestyle Karate!

With our After School Martial Arts program your child will get into great shape physically and learn valuable self-defense skills. But that's just the beginning.

### Your child will also develop:

- Better manners
- Self-discipline
- Goal-setting skills
- Time-management skills
- Leadership skills
- Study skills
- Improved behavior and more respect
- Concentration and focus
- Weight loss
- Reduced Stress and Anxiety

Many of our children even enjoy better grades and academic success at school as a result of their improved self-discipline, concentration and study skills!

**Call today for details! 540.387.0450 or 540.353.4681.**

*\* Offer expires October 1, 2010.*

**American Freestyle Karate**  
29 East Main Street  
Salem, VA 24153

540.387.0450