



MILTON COMMUNITY SCHOOLS AFTER SCHOOL ENRICHMENT (ASE)

JA SHIN DO/TAE KWON DO IS BACK! MARTIAL ARTS SPRING PROGRAM 2022

Welcome back to all our former and new students.

Grand Master Instructor Kwan Jang Nim Ms. Camille of ASE's Milton Ja Shin Do Karate program presents Ja Shin Do/ Tae Kwon Do Martial Arts. Students will engage in stretching, conditioning and defensive tactics as well as learn and practice the martial art of Ja Shin Do. The course develops the Five Ss of Ja Shin Do: *Self Discipline, Self Respect, Self Esteem, Self Control, Self Confidence.*

Students 1-5 MUST be registered to ASE to participate

Tuesdays @ Tucker

- 3:30 – 4:30 PM (1-2 grades)
- 4:30- 5:30 PM (3-5 grades)

Wednesdays: @ Cunningham/Collicot

- 3:30 – 4:30 PM (1-2 grades)
- 4:30- 5:30 PM (3-5 grades)

Thursdays: @ Glover

- 3:30 – 4:30 PM (1-2 grades)
- 4:30- 5:30 PM (3-5 grades)

Classes start March 21 for 12 weeks (no lessons during April vacation week)

Spring Tuition: \$120.00 for 12 weeks

**Saturday Classes are not available at this time*

Online Registration opens on Wednesday, March 2

Uniform and gear for this term is optional. However, if you would like to purchase one, please reach out to Ms. Camille McNamara. The uniform cost is \$39.99. Financial assistance to obtain uniforms is available.

Camille McNamara-Kwan Jang Nim, Master Instructor

Email: Herbalart1@aol.com



Follow us on Facebook for news & updates: [McNamara Style Ja Shin Do](#)