After School Kung Fu
at Your Elementary School
PRESENTED BY:

Limited Class Size
5 Elements
Grades: K - 5

Help your child do better in school while having fun and gaining fitness at the same time! Your child will receive:
- Beginner martial arts instruction.
- A chance to exercise and have fun doing so.
- Increased focus techniques.
- Basic tips to stand up to bullies and protect themselves.

New Session Now Open - Register today!
www.5ESD.com/AfterSchool

Tuition Includes Free T-Shirt | Class Times Vary By School | Early Bird Discount Available

5 Elements Martial Arts & Wellness Center
8324 Parkway Dr., La Mesa CA 91942
(619) 335-8338 ~ www.5esd.com