

# Summer Karate!!

Join us in this new exciting program run by Hull Parks and Recreation that teaches skills beyond punching and kicking.



Learn something new this summer!!

The program is a structured learning environment centered on the traditional teachings of Okinawan Karate. Classes include stretching, Kata, mat work, wrestling, and sparring techniques and tactics.



\*Classes are taught by Hingham karate head instructor Bill Mazzeo.

Grade 1-5 Monday 9:30 to 10:30. Grades 6 and Up Wednesday 9:30-10:30.

Classes run for 7 weeks at \$130. Starts Monday July 8<sup>th</sup>!

**Contact the Rec Dept. at 781-910-9782 for more information**

**Register at the Hull Parks and Recreation Website online**