

SELF DEFENSE & TAEKWONDO

Lessons begin December!



Master Chris Gantner

7th degree International Instructor

35+ years experience

Lessons every Tues. 7:30 to 8:30pm

Dec. 7th to Feb. 22nd/11 lessons

Adults, Seniors & Children 8 years and older

Cost: Residents \$90./Non-residents \$105.

Per session fee \$10 per class/pay in advance

To be held at the Seaside Park Elem. School

4th and Central Ave.

For more info call the Rec Dept.

732-793-3700