

PROS2GO



# MARTIAL ARTS SCHOOL PROGRAMS

NOW AVAILABLE  
AT A SCHOOL  
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## About Martial Arts

Martial Arts improves stamina, muscle tone, flexibility, balance and strength. Self defence will not be the only lesson taught in this course. Children practice martial arts as a way to build physical and mental strength. This class will improve your child's self-control, attention, and self esteem. It is important for children to develop values and principles at a young age that will apply to the rest of their lives. They will learn such things as: hard work, dedication, and perseverance. Each class is conducted with safety measures by certified instructors to provide a safe, fun environment for all.

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INFORMATION

**PROS2GO** IS A SERVICE THAT BRINGS SPORTS PROGRAMS TO ELEMENTARY SCHOOLS AS WELL AS PROFESSIONAL SPORTS INSTRUCTORS TO YOUR HOME. PROS2GO SPECIALIZES IN SPORTS DELIVERY IN THE FOLLOWING CATEGORIES:

**TENNIS - SWIMMING - YOGA - COMBAT SPORTS - SOCCER - FITNESS**

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