

# Karate Club

## Donabate School of Karate

Donabate Karate Club classes provide training for all ages and ability.

### Children's-Class

Children of 7 years and over can enjoy training in a safe environment with close supervision, developing many skills, as well as having fun.

### Adult-Class

Adults can enjoy traditional training, focusing on fitness, self-confidence, and of course self-defense.

**Our School** fosters a family atmosphere, with many parents training alongside their children.

### Class Times.

Monday: 19.30 to 21.00 Adult Class  
Wednesday: 19.00 to 20.00 Children's Class

To enroll just turn up 10 minutes before class time on the above day.

Donabate School of Karate.

For More Information Contact:

Mary Smyth; 087-6549200

Rhonda McCarthy; 087-2265667

St Patrick's Hall, Donabate, Co. Dublin.

Email; Donabateschoolofkarate@gmail.com

Web; [www.wado.ie](http://www.wado.ie)

