



A-1 Karate Do LLC

Shihan April I. Fredericks

www.a1karatedollc.com

A-1 Karate is now at PMLE 1-4

Karate Classes at Pocono Mountain Lake Estates, Sections 1-4

Classes are held Monday, Tuesday, Wednesday & Thursday each week
At the PMLE Clubhouse

From 5:00 P.M. – 6:00 P.M. For Beginners and Children

From 6:00 P.M. – 7:00 P.M. For Advanced and Adults

\$15.00 DOLLARS PER MONTH,

Parent Special: Sign up with your child and train for free

Beginner Special: Sign up at full tuition for 4 months (\$60.00) and receive a free uniform (gi)

CLASSES ARE FILLING UP - SIGN UP SOON TO ENSURE YOUR PLACE IN THE CLASS

MAXIMUM CLASS SIZE IS 15

FOR ADDITIONAL INFORMATION AND TO SIGN UP FOR KARATE

CONTACT THE PMLE OFFICE AT 570-588-6523

www.pml1234.com

