



# Vineland Karate Club

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Invite you to attend an open house at Vineland Public school

Monday September 19<sup>th</sup> and Wednesday September 21<sup>st</sup> from 7:00pm to 8:00pm

Come and join in a class or just observe.

Karate can help with focus, discipline, fitness, temperance and self image.

Classes run Mondays and Wednesdays 7:00 till 8:00pm

Instruction by Steve Fearnley 3<sup>rd</sup> dan black belt.

Call or email for details 905-957-2597 or [stevefearnley@sympatico.ca](mailto:stevefearnley@sympatico.ca)