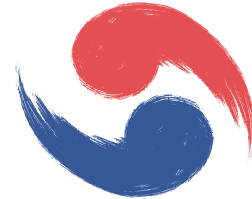




Korean Martial Arts

Soo Bahk Do



Soo Bahk Do is a Korean martial art that develops confidence, discipline and self-control. This class will focus on learning the basics of traditional form and self-defense techniques. Seniors taking this class will work toward improving flexibility, mobility, balance, and awareness. Classes include stretching, aerobic activities and exercises that connect the mind and body.

Emphasis of the course includes personal safety and cultivating a strong, positive and polite character.

Six week program on Tuesday, July 14th, 21st and 28th and August 4th, 11th and 18th at 3:00pm at the Holland Street Center

**For more information and to register,
contact Michelle at 617-625-6600 x2315**



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.