

This event is not sponsored or endorsed by or under the auspices of the Morris-Union Jointure Commission Board of Education.



Back by popular demand, OPDSN presents our **Special Needs Karate Program**, which incorporates 5 weeks of stretching, strengthening and physical coordination while teaching traditional martial arts techniques.

The Karate Program takes place on **Tuesdays** at the **Cranford Community Center** and will run from **Tuesday, September 14<sup>th</sup>** through **Tuesday, October, 12<sup>th</sup>**.

The session for children (ages 5 through 15) is from **7:00pm** until **7:45pm** and the session for teens and young adults (ages 16 & up) is from **8:00pm** until **8:45pm**.

Registration is free! Please register by clicking the link below:

[www.ucnj.org/opdsn-reg](http://www.ucnj.org/opdsn-reg)

Masks are required at the Cranford Community Center.

Please call 908-527-4781 if you have any other questions.