

Want to learn Martial Arts?



COME JOIN US!!

Spaces are limited!*

Aurora Site:

Wed, Sept 11th – Wed, Nov 27th

15150 Yonge Street, 2nd flr boardroom

10:30 – 11:30 AM

Markham Site:

Fri, Sept 13th – Fri, Nov 29th

Royal Bank Plaza, 3601 Hwy 7 East, #710

10:30-11:30 AM

Note: Please wear comfortable clothing

***You can sign up through our online Community Connections calendar**

<https://cmha-yr.on.ca/get-support/community-connections-16/>