



'The Way'

The Art of Life



“The Way” – The Art of Life, is the art of Self-Defense and Wisdom Living. It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Please register according to the below class schedule:

Monday/Wednesdays

6:00-7:00pm Kindergarten – Grade 4

Tuesday/Thursdays

6:00-7:00pm Grades 5-8

7:00-8:00pm High School and Adults

Classes begin the week of April 15 and run for 8 weeks (16 classes total). The program will be held in the Montvale Community Center located at 1 Memorial Drive.

Instructor: Mario Liriano; Master Black Belt and over 47 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 19 years in Montvale and has produced many Black Belts (including his two daughters).

16 Class Program Registration Fees: Residents- \$120 Non-Residents- \$180

Registration: Go to montvalerecreation.org or attend the first class with cash/check payment

Questions?

MontvaleRecreation@montvaleboro.org

201-391-5700 ext. 251