



Martial Arts Programs

Various York Region

Northern Karate Schools

NKS training helps students develop strength, flexibility and cardiovascular fitness. Pre-schoolers learn gross motor skills, and children and teenagers become physically active. Offered in Aurora, Richmond Hill, Vaughan, Markham, Thornhill

Ages: 5+ yrs

All Abilities

905-597-3325

www.northernkarate.com

info@northernkarate.com

King City

Down Syndrome Association of York Region

Excellent gross motor skill building activity, helping with self-confidence and self-defence. Also, a great social program for the students to make friends with others. Daniel is a martial arts professional who has worked with children with special needs for many years. He believes all children can benefit from martial arts training.

Ages: All ages

Down Syndrome - must have membership with DSAYR

King City

Daniel Dees - karate4change@yahoo.ca

<https://www.dsayr.ca/programs>



Alliston

TNT Martial Arts

705-434-1168

<http://www.tntmartialarts.ca/index.asp>

*Offer JiuJitsu, Karate,
Kickboxing and Self Defence*

169 Duffering St. S Unit 1

Ages: 4+ yrs

All Abilities

Barrie

Down Syndrome Association of Simcoe County

<https://www.dsasc.ca/programs.html>

*Excellent gross motor skill
building activity, helping with
self-confidence and self-
defence. Also, a great social
program for the students to
make friends with others.
Champs Academy - 680
Bayview Drive Barrie*

Ages: All ages

*Individuals with
Down Syndrome
and their siblings*

Jennifer - admin@dsasc.ca