

# **Community Education Karate Classes**

## **FALL 2017**

**Full SESSION: 12 weeks**

**KA 01 (Ages 5-12) TH 6:30-7:30 PM 9/14-12/7 \$50**

**KA 02 (Ages 13-70) TH 7:30-8:30 PM 9/14-12/7 \$50**

**Karate is taught by Bill Gray, Melissa Alonzo, and Michael Vallatini.**

**Learn techniques in art, sport, self-defense and self-confidence in American Karate. Includes kidnap prevention and awareness. UNIFORMS ARE REQUIRED and may be purchased for \$30 (cash only, please) at the class.**

**Registrations accepted the first three weeks of class.**

**You may attend the first class free!!**

**These classes meet in the Bales Cafeteria.**