

Focus
Discipline
Respect



Little Tigers Martial Arts

Ages 3-6

This exciting class is where children learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. This program is taught by martial arts instructor Josh Jordan. Josh has seven years of experience teaching children and is a certified 1st Degree black belt instructor. The intermediate level is for children who have previously taken the beginning class and have the instructor's approval to move up. Class meets for 6 weeks. Min. 4 Max. 12

Beginners
Community Center Room 216
Monday Jan. 9-Feb. 13
5:15 pm-6:00 pm..... Ages 3-6
#14236..... \$54

Community Center Room 216
Monday Jan. 9-Feb. 13
6:00 pm-6:45pm Ages 3-6
#14237 \$54

Community Center Room 216
Monday Feb. 27-April 10
(No class March 20)
5:15 pm-6:00 pm..... Ages 3-6
#14238..... \$54

Community Center Room 216
Monday February 27-April 10
(No class March 20)
6:00 pm-6:45 pm..... Ages 3-6
#14239..... \$54

Intermediate (Instructor approval required)

Community Center Room 216
Monday Jan. 9-Feb. 13
6:45 pm-7:30 pm..... Ages 3-6
#14240..... \$54

Community Center Room 216
Monday Feb. 27-April 10
(No class March 20)
6:45 pm-7:30 pm..... Ages 3-6
#14241 \$54

“Kickers” Karate

Ages 7 through Adult

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been instructing Martial Arts for 21 years. Rhonda currently holds the rank of Black Belt. Children should wear loose comfortable clothing. Winter session runs 10 weeks and spring session runs 9 weeks. Min. 8 Max. 18

Community Center Fitness Studio
Monday January 9-March 13
\$84

6:15 pm-7:15 pm..... Ages 7-11
#14244..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#14246..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#14242..... Teen/Adult Beg. &
Colored Belt

Community Center Fitness Studio
Monday March 27-May 22
\$76

6:15 pm-7:15 pm..... Ages 7-11
#14245..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#14247..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#14243..... Teen/Adult Beg. &
Colored Belt