



Presents an Outreach Youth Program
for Boys & Girls Ages 5-15

YOUTH SELF-DEFENSE KARATE & Safety Awareness Program

- A COMPLETE GOAL ORIENTED PROGRAM-NOT JUST AN INSTRUCTOR!
- PERFECT ATTENDANCE AWARD (MEDALS, TROPHY'S)
- YOU CAN NOT BUY THEM-YOU MUST EARN THEM!!!
- ADVANCEMENT IN RANK OFFERED FROM BEGINNER TO BLACK BELT LEVEL!

➡ ONLY \$8.00 PER WEEK - PAY WEEKLY ⬅

This program is designed to promote a higher level of Self-confidence, Improve Self-esteem, Discipline, Concentration and Coordination. Many times improving their social interaction and academic performance! Students are placed into classes according to age and ability. ONLY Self-Defense in promoted!

LOCATION

Kaysville Recreation Center, 85 N. 100 E. Kaysville

on S.W. corner of 100 N. and 100 E. across from Kaysville Elementary School

CLASSES ARE EVERY THURSDAY STARTING JANUARY 16 - APRIL 2
(12 WEEKS)

REGISTRATION: THURSDAY JANUARY 16

NO PRE-REGISTRATION. REGISTER 20 MINUTES PRIOR TO CLASS ON THE FIRST DAY OR 10 MINUTES PRIOR ON WEEKS 2, 3, OR 4.

NEW STUDENTS:

AGES 5 - 6: 5:30 - 6:10

AGES 7 & ABOVE: 6:15 - 6:55

RETURNING STUDENTS:

YELLOW BELTS & ABOVE: 7:00 - 7:40

Class fees are only \$8.00 each week plus a one-time \$2.00 registration fee each semester.

You may pay weekly or to receive one week free, you may pay in full!!

If you miss the first class you may register up to week #4, show up 10 minutes prior to the class time.

A uniform (GI) is recommended but not mandatory. GI's are \$30.00.

Lessons begin the first day and students should wear shorts or sweat pants & t-shirt.

NO PRE-REGISTRATION. REGISTER UP TO WEEK #4 AT TIMES LISTED!
FOR MORE INFORMATION CALL (801) 514-5786 MON-FRI 10AM-4PM

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