

Karate Classes

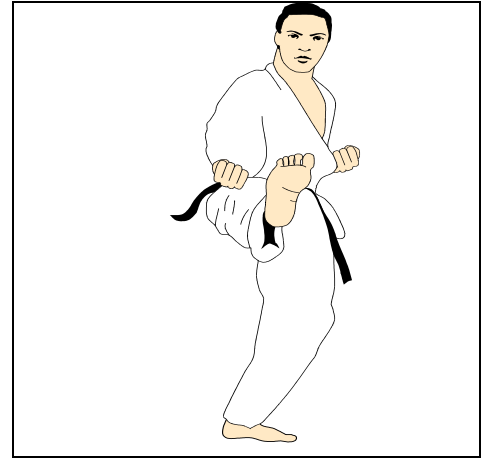
A variety of styles for all ages:

Ninjas in Action

Intermediate Youth Karate

Adult Karate

Aikido



Ninjas in Action

Boys and girls ages 6-11

This beginning Martial Arts class includes: self-defense, self-awareness, self-confidence, self-discipline, and safety tips, with emphasis on fun and games. Join our instructor, black belt, **Angelo Belnas**, who brings a wealth of knowledge and experience. His styles are Tang Soo Do & Jujitsu.

Time: **Wednesdays** **6:30 -7:30 pm**
Fees: **Member** **\$ 5.00** (per 1 month session)
 Non-Member **\$ 25.00** (per 1 month session)

Intermediate Youth Karate

Girls & boys ages 6-12

Learn the basics of this martial art form including punches, kicks, and blocks. Improve your self-confidence and fitness. Join our instructor, black belt, **Angelo Belnas**, who brings a wealth of knowledge and experience. His styles are Tang Soo Do & Jujitsu.

Time: **Tuesdays & Thursdays** **6:30 - 7:30 pm**
Fees: **Member** **\$ 10.00** (per 1 month session)
 Non-Member **\$ 40.00** (per 1 month session)

Adult Karate

Ages 13 & up

Learn the basics of this martial art form including punches, kicks, and blocks. Improve your self-confidence and fitness. Join our instructor, black belt, **Angelo Belnas**, who brings a wealth of knowledge and experience. His styles are Tang Soo Do & Jujitsu.

Time: **Tuesdays & Thursdays 7:30 - 9:00 pm**
Fees: **Member \$ 10.00** (per 1 month session)
 Non-Member \$ 40.00 (per 1 month session)

Aikido

Ages 14 & older

Learn the basics of this martial art form including rolling, falling and throwing. Improve your self-confidence and fitness. Join our instructor, black belt, **Gene Tucker**, who brings a wealth of knowledge and experience.

Time: **Mondays & Wednesdays 7:30 - 9:00 pm & Fridays 6:30 - 8:00 pm**
Fees: **Member \$ 15.00** (per 1 month session)
 Non-Member \$ 50.00 (per 1 month session)