

KARATE

PROGRAMS FOR ALL AGES



LITTLE DRAGONS AGES 3 - 6

Tuesday and Thursday 3:45 - 4:30 Saturday 11:30 - 12:15

The Little Dragons program enhances positive development in a fun and motivating environment. Your child builds balance, coordination, self-control and listening skills while learning age-appropriate karate basics like blocking, kicking and simple strikes. These skills are developed through positive and encouraging instruction.

TAUGHT BY

SENSEI AMANDA HIGHTFONSECAMARTIALARTS.COM

YOUTH / ADULT KARATE AGES 7 & UP Saturday 12:15 - 1:15

In this class, students learn the blocks, strikes and techniques necessary to advance through the ranks of the traditional Japanese art of karate. Taught by U.S. Champion Sensei Amanda Hight, students are challenged towards their personal best and provided with the opportunity and experience to foster a strong belief in themselves. In addition to developing self-confidence, physical fitness, focus, self-defense and safety skills, this class introduces students to traditional Japanese language and culture, while building respect for themselves and others.



North Suburban YMCA 2705 Techny Road Northbrook, IL 60062 847.272.7250 847.272.7801 (fax) www.nsymca.org

Little Dragons Tues & Thurs (20 classes) \$144 YM / \$221 NM; Saturday (9 classes) \$65 YM / \$99 NM Youth / Adult Karate Saturday (9 classes) \$75 YM / \$114 NM Starts 9/2/08 and ends 10/26/08.

Tuesday classes held in Studio Y; Thursday classes held in Northwest Studio; Saturday classes held in Studio Multi-D For more information, or to register, contact Debi Spring 847-272-7250 ext.1220 or dspring@nsymca.org