



## Karate

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

Day: Tuesday and Thursday

Date: Session I: May 2 – 30

Course Code: 17374

Session II: June 1 – 29

Course Code: 17375

Session III: July 6 – 27

Course Code: 17376

Session IV: August 1 – 31

Course Code: 17377

Time: 7:15 p.m. – 8:45 p.m.

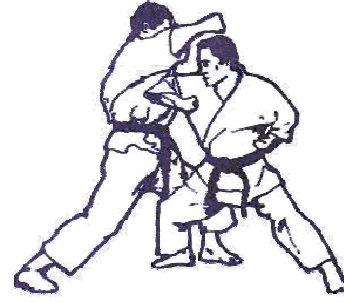
Fee: \$45 per session (resident) \$67.50 per session (non-resident)

Drop-in fee: \$6 (resident) \$9 (non-resident)

Family Rate: \$40 (resident) when 2 or more register for the same session  
\$60 (non-resident)

Age: 15 & older

Location: Kiwanis Center



## Tai Chi

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate thus reducing stress.

Day: Thursday

Date: Session I: May 4 – 25

Course Code: 17378

Session II: June 1 – 29

Course Code: 17379

Session III: July 6 - 27

Course Code: 17380

Session IV: August 3 – 31

Course Code: 17381

Time: 6:15 p.m. – 7:00 p.m.

Fee: \$40 per session (resident) \$60 per session (non-resident)

Age: 15 & older

Location: Kiwanis Center

## SELF-DEFENSE CLASS

ARE YOU PREPARED? In a real world situation, an attack is over within a few seconds. Would you know what to do? This class will prepare you with simple principles and techniques that will allow you to stop an attacker! Different modules will be focused on: women, children, and families. Parents/guardians will receive information from the National Center for Missing and Exploited Children.

Day: Tuesday

Date: June 20

Course Code: 17382

Time: 6:00 p.m. – 7:00 p.m.

Fee: \$6 (resident) \$9 (non-resident)

Age: 15 & older (10 & older with registered adult)

Location: Kiwanis Center

## FITNESS BOOT CAMP:

Want to get in shape for the summer!! This Class helps individuals live a healthy lifestyle through fitness as well as offering physical training activities. **Class will meet twice a week for 6 weeks.**

Day: Thursday and Saturday

Date: June 1 - July 8

Course Code: 17383

Time: 8:30a.m. -10:00 a.m.

Fee: \$35 (Resident) \$52.50 (Non-Resident)

Ages: 17 - 65

Location: McCurry Park



## CARDIO FITNESS & SELF DEFENSE

Use Martial Arts to exercise and keep in shape while learning how to defend yourself. This class is designed for the Cardiovascular Fitness aspect of Martial Arts. The movements that are practiced and rehearsed are derived from Self Defense techniques of various different martial arts styles and systems. Burn calories, build strength, and develop flexibility.

Day: Tuesday

Date: Session I: May 2 - 23

Course Code: 17384

Session II: May 30 – June 27 (No class June 20)

Course Code: 17385

Session III: July 11 – August 1

Course Code: 17386

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$40 per session (resident) \$60 per session (non-resident)

Age: 10 – Adult

Location: Kiwanis Center