

# GOJU RYU KARATE

## CLASSES

Air Park Recreation Center (3720 NW 46<sup>th</sup> St.)

A traditional Okinawa style of martial arts that combines the “softer” style of redirecting and blocking with the “harder” style of kicking and punching movements of karate. Classes will teach kata, good technique, awareness of surroundings, self-defense, discipline, and you’ll get a good workout. All sessions start on the first week of each month (Jan.-May).

### Tiny Ninjas (5-6 years of age)

Days: Tuesdays & Saturdays

Times: Tuesdays 5-5:45 PM & Saturdays 9:30-10:15 AM

Fee: \$18/month for 1 day/week or BOTH

Tues. & Sat. each week for \$30/month



### Junior Youth (7-15 years of age)

Days: Tuesdays, Thursdays & Saturdays

Times: Tuesdays 6-7 PM, Thursdays 6-7 PM

& Saturdays 10:30-11:30 AM

Fee: \$45/month for 2-3 days/week



### Adult Karate (16 years of age and older)

Days: Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays

Times: Tuesdays & Thursdays 9-10 AM,

Wednesdays & Fridays 6-7 PM, &

Saturdays 11:45 AM-12:45 PM

Fee: \$28/month for Saturdays ONLY, or

\$45/month for 2-3 days/week

*\*New rates and offerings EFFECTIVE September 1, 2015\**

*Call 402-441-7876 or visit Air Park Recreation Center at 3720 NW 46<sup>th</sup> St. to register.*