



Karate Class



Learn the basic techniques of Karate from Sensei Ken Valentine. Karate emphasizes strength, endurance and flexibility while promoting a variety of self qualities; Confidence, discipline, respect and defense.

Session 1 - Sept. 10th - Oct. 15th

Session 2 - Nov. 5th - Dec. 17th

Session 3 - Jan. 21st - Feb. 25th

Session 4 - Mar. 18th - April 22nd



Classes are held at the
Nichols Community Center
515 East "D" Street
Belleville, IL 62220
(618) 277-9785



<u>AGE/GRADE</u>	<u>DAY(S)</u>	<u>TIME</u>	<u>COST</u>
3 year olds	Saturday	10:00am to 10:30am	\$35.00
4 - 5 year olds	Saturday	10:30am to 11:00am	\$50.00
1st - 4th	Saturday	11:00pm to 11:50pm	\$50.00