



# Deerfield Community Center

## Karate

### Continuing I/II Karate

Dates: Tuesdays & Thursdays

Session I: Sept. 8-Oct. 15

Session II: Oct. 27-Dec. 10 (no karate the week of Nov. 23)

Session III: Jan. 5-Feb. 11

Later sessions to be announced

Time: 6:30 p.m. – 7:15 p.m.

Ages: 7 – 13

Location: DES Commons

Instructor: Todd Anderson (New Instructor)

Fee: \$65

Discover the benefits of Karate! Programs are designed to provide a lot more than kicking and punching – curriculum includes courtesy, respect, self-discipline, focus, concentration, self-esteem, confidence, goal setting, leadership and more!

### Rookie Karate

Dates: Tuesdays & Thursdays

Session I: Sept. 8-Oct. 15

Session II: Oct. 27-Dec. 10 (no karate the week of Nov. 23)

Session III: Jan. 5-Feb. 11

Later sessions to be announced

Time: 3:00 p.m. – 3:45 p.m.

Ages: 5-10

Location: DES Commons

Instructor: Todd Anderson (New Instructor)

Fee: \$65

Specially designed for beginning students ages 5 to 10 years! The Rookies class will improve your child's basic motor skills, as well as their positive mentality. The combination of these skills will help your child enter society with a confident and enthusiastic outlook. Let us help enhance your child's mental and physical development in a fun, positive, and motivating way!