



# 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. 7, 14, 21, 28, Oct. 5, 12**

**Session 2 - Nov. 2, 9, 16, 23, Dec. 7, 14**

**Session 3 - Jan. 18, 25, Feb. 1, 8, 15, 22**

**Session 4 - Mar. 14, 21, 28, Apr. 4, 11, 18**



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 old's	Saturday	10:00am to 10:30am	\$35.00
4 & 5 year old's	Saturday	10:30am to 11:00am	\$50.00
1st - 4th grade	Saturday	11:00am to 11:50am	\$50.00