



Karate

For ages 5 and up
All classes are held at the Fretterd Community Center

Tiger Cubs 1 and 2 - ages 5-12

This is an introduction to Karate through exercises and games. Learn more about this ancient martial art and improve self-confidence, self-respect, build character, physical fitness, make new friends, and have fun!

Classes are held Mondays, September 13-December 13 or Thursdays, September 16-December 16.

Tiger Cubs 1

Open to ages 5-8 years

No experience required.

6:15 - 6:45 p.m. Cost is \$59



Tiger Cubs 2

Open to ages 8-12 years

Participants younger than 8 may take this class if they have a white belt with yellow stripe.

7 - 8 p.m. Cost is \$69

Beginning and Advanced Karate - ages 12 and up

Instruction includes warm-up, basic karate techniques, kata/forms, sparring, and self-defense. Belt testing and advancement requires attendance minimum. Participants may be younger than 12 if they have permission from the Sensei.

Mondays and Thursdays, September 13-December 16

7 - 8:15 p.m. ~ Cost is \$129.



Caroline County
Recreation and Parks
Bringing the Community Together

107 South 4th Street
Denton, Maryland 21629
410-479-8120 • 410-479-4194 fax
www.carolinerecreation.org
recinfo@carolinemd.org

Karate/Tiger Cubs

Participant Name _____

M F

Birth date _____

Parent Name _____

M F

Birth date _____

Address _____

Town _____ State _____ Zip _____

Home Phone _____ Work or Cell _____

Email address _____

Tiger Cubs 1

Tiger Cubs 2

Beginner/Advanced

Method of payment

Visa

AMEX

Discover

MasterCard

Cash

Check made payable to:

Credit Card # _____

Exp.date _____ Verif. code _____

Signature _____

Add \$5 for out of county