

# Grain Valley Parks & Rec

## Fall Karate 2024



### **LITTLE DRAGONS CLASS**

#### **AGES 3-5 YEARS**

Stranger danger is greatly emphasized. Classes are designed to improve coordination, instill self-esteem and teach basic karate skills through games & age-appropriate activities.

**4:15pm - 4:45pm**

**\$50 for 7 weeks**



### **BEGINNING KARATE CLASS**

#### **AGES 6 & OLDER**

Promotes self-discipline, self-esteem, confidence and academic excellence.

All while teaching self-defense, sportsmanship and fun!

**4:45pm - 5:30pm**

**\$60 for 7 weeks**

Classes will be held every Tuesday from October 8th - November 26th at the Grain Valley Community Center - 713 Main St.

**Deadline to register is October 8th**