

“Kickers” Karate

Ages 7 through Adult

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been instructing Martial Arts for 21 years. Rhonda currently holds the rank of Black Belt. Children should wear loose comfortable clothing. Fall sessions are 7 weeks. Min. 8 Max. 18

Community Center Fitness Studio
Monday Sept. 12-Oct. 24
\$59

6:15 pm-7:15 pm..... Ages 7-11
#13869..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13871..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13873..... Teen/Adult Beg. &
Colored Belt

Community Center Fitness Studio
Monday Nov. 7-Dec. 19
\$59

6:15 pm-7:15 pm..... Ages 7-11
#13870..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13872..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13874..... Teen/Adult Beg. &
Colored Belt



Girls and Boys Gymnastics

This is a gymnastics program for boys and girls, ages four and up. This program includes tumbling, balance beam, uneven bars and vault. Instructor ratio is 1 to 7. Parents are welcome to come into the gym to watch the first and last class. Fall session meets 12 times. Min. 6 Max. 28.

Tumble Bees

Ages 4 through Kindergarten

Participants will work on beginning tumbling skills and will also learn basic skills on the balance beam, uneven bars and vault. Skills learned will help develop large muscle tone and coordination.

Cartwheelers

Grades 1-5

This level is for children currently in elementary school with at least one year of gymnastics experience and exposure to various pieces of apparatus. Participants must be able to perform a cartwheel and a pull over on the bar. Intermediate skills will be introduced.

Leapers

Grades 1-5

This level is for children in elementary school with little or no gymnastics experience. Participants will be exposed to beginning gymnastics skills on various pieces of apparatus to help improve their balance, strength and coordination.

Springers & Teens

Grades 3 and up

This level is for participants with a more advanced skill level who have their instructor's approval. Participants will focus on perfecting their form and technique, while learning more advanced skills. Participants will work on skills to increase strength, flexibility and endurance.

Monday September 12-December 12
(No class October 31, November 21)
\$106

#13875	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13877	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13879	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13881	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

