

YOUTH - MARTIAL ARTS

Karate: Personal Safety and Protection

By disguising personal protection tools in a fun and exciting learning program, your sons and daughters develop habits of safety that will protect them for a lifetime. This terrific self-confidence building process is so much fun to learn that the kids really want to do it. This Kempo-Karate Protection System teaches kids to avoid and recognize dangerous situations and quickly seek help and safety, react to a bully in ways that eliminate a fight, and make an extremely effective personal protection response in self-defense. No proration allowed. No class 11/11, 11/25. (Min 5/Max 55)

Location: Rosehill Comm. Ctr., Lower Level

Fee: \$50. Start-up fee \$46 paid directly to instructor includes one-time Association Membership Fee plus Uniform, Patch, Decal, Club T-shirt and Student Handbook.

Instructors: Chief Instructor Don and Head Instructor Cheryl Wright.

Tigers

Age: 4yrs-7yrs

Day: Tues., Thurs.

Code: Dates:

1351 Sept. 2 - 30

1352 Oct. 5 - 28

1353 Nov. 2 - 30

Time: 5:45pm-6:30pm

Dragons

Age: 7yrs-12yrs

Day: Tues. & Thurs.

Time: 6:30pm-7:15pm

Code: Dates:

1354 Sept. 2 - 30

1355 Oct. 5 - 28

1356 Nov. 2 - 30

Teens and Adult

Age: 12yrs and up

Day: Tues & Thurs

Time: 7:15pm-8:15pm

Code: Date:

1334 Sept. 2-Sept. 30

1335 Oct. 5-Oct. 28

1336 Nov. 2-Nov. 30

Bruce Lee's Jeet Kune Do and Self Defense

Learn simple, direct and effective techniques of self defense. Develop and improve your stamina, coordination, balance and strength. All participants must sign a hold harmless release from Jeet Kune Do 4 Life and the City of Mukilteo. All levels; Annual Association Fee (payable to JKD4Life): \$49.95 (Min 10/Max 60) No class 11/11, 11/25

Age: Ages 7yrs-12yrs

Day: Tues. & Thurs.

Code: Dates:

1345 Sept. 7-30

1347 Oct. 5-28

1348 Nov. 2-30

Time: 7:00pm-8:00pm

Fee: \$50

Location: Rosehill Comm. Ctr.
Rm. 204

Instructor: Sifu Hanzel Mirador

YOUTH - ART

Art Basics for Children

Explore treasures in nature, color mixing, relationships between shapes and colors, beginning composition. Use a variety of media: pencils, crayons, markers, ink, water-based paints, paper and more. Enjoy special projects for the holidays. (Min 1/Max 8)

Location: Rosehill Comm. Ctr., Room 109

Instructor: Oleksandra Pryveda

Age: 6yrs-8yrs

Code: Date: Fee:

1357 Sept. 9-30 \$60

1358 Oct. 7-28 \$60

Day: Thursday

Time: 4:00pm-5:00pm

Age: 9yrs-11yrs

Code: Date: Fee:

1359 Sept. 9-30 \$60

1360 Oct. 7-28 \$60

Day: Thursday

Time: 5:15pm-6:15pm

Age: 6yrs-8yrs

Code: Date: Fee:

1361 Sept. 10-Oct.1 \$60

1362 Oct. 8-29 \$60

1363 Nov. 5-19 \$45

Day: Friday

Time: 4:00pm-5:00pm

Age: 9yrs-11yrs

Code: Date: Fee:

1364 Sept. 10-Oct.1 \$60

1365 Oct. 8-29 \$60

1366 Nov. 5-19 \$45

Day: Friday

Time: 5:15pm-6:15pm

