



## Sign Up For Spring Karate with the Barkhamsted Recreation Department!

For a Full listing of programs and registration forms and info please visit-[www.barkhamsted.us](http://www.barkhamsted.us) under the Recreation Section or stop by town hall to pick up a registration form. Please mail the payment/form to Barkhamsted Parks and Recreation Department -67 Ripley Hill Road Pleasant Valley, CT 06063. Please sign up before the deadlines to reserve your spot for classes.

### Spring Karate 2019 😊

Thursdays, March 28, April 4, 11, 25, May 2, 16, 24, 30<sup>th</sup> at the Barkhamsted School in the Gym from 6:00-6:45 p.m.

White Belts (Beginners ages 5 to 12)

Little Dragons-(ages 5 & 6)-Basic Karate skills, Basic Kata, target drills and exercise, simple self defense

Mighty Tigers (ages 7 & 8)-Stronger Karate basics and Kata, Stretching, exercise, target drills and self defense

Karate Rangers (ages 9-12)-Karate Basics, including kicking, kata, self-defense, exercise to level, target drills

\$75.00 per 8 week sessions New-\$5.00 discount for each additional family member that signs up for Karate!

### Family/Teen and Adult Karate 😊

Thursdays, March 28, April 4, 11, 25, May 2, 16, 24, 30<sup>th</sup> at the Barkhamsted School in the Gym from 7:00-7:45 p.m. at the Barkhamsted School in the Gym from 7:00-7:45 p.m.

White Belts (Beginners ages 13 and up)-7:00 to 7:45 p.m.

Teen/Adults-(Ages 13 and up)-Kenpo Karate Forms and Self Defense Techniques, Basic kicking drills.

This is a great opportunity to learn karate with family members or solo.

\$85.00 per 8 week sessions New-\$5.00 discount for each additional family member that signs up for Karate! \*\*\*Note\*\*\*New students are white belts and receive uniform Fee includes: Belt and/or Stripe, Belt or Stripe Test and Certificate (Note: Promotion to higher belt levels will require multiple sessions)

Registration Deadline is Wednesday, March 20

For more information about the class contact: Charlotte Silkey Phone-860-830-7178  
Email [silk3dblue@yahoo.com](mailto:silk3dblue@yahoo.com)