



karate

**BRING THIS
FLIER TO JOIN
US FOR A
FREE CLASS**

Call the Lake Zurich
Parks & Recreation Dept
for information 847-438-5146

*New students can begin
session at any point during
either session. Class will
be pro-rated.*

www.volz.org/parkandrec

Youth Karate 7 - 14 years old

Karate skills help children build coordination, agility, strength and poise. The confidence gained through karate also helps foster a strong self - image.

Fall 1 September 8 - October 31

Ages 7 - 14
Beginner
Wednesday 5:00 - 6:00 pm
Thursday 5:00 - 6:00 pm

Fall 2 November 2 - December 19

Ages 7 - 14
Beginner
Wednesday 5:00 - 6:00 pm
Thursday 5:00 - 6:00 pm

Pre-Karate 5 - 7 years old

Karate is one of the best ways to encourage self - esteem. Because it focuses on self - improvement, rather than on competition, kids support and learn from each other. This is a sport that teaches the value of respect, discipline and perseverance. Children want to focus on energy and feel good about themselves and their accomplishments.

Fall 1 September 8 - October 31

Ages 5 - 7
Saturday 11:00 - 11:45 am

Fall 2 November 2 - December 19

Ages 5 - 7
Saturday 11:00 - 11:45 am

Adult Karate 15 years - adult

This program offers the highest quality instruction for the student and the business person. If you would like to develop your agility, stamina and coordination, join us for our weekly work-outs.

Fall 1 September 8 - October 31

15 years - Adult
Thursday 8:00 - 9:00 pm

Fall 2 November 2 - December 19

15 years - Adult
Thursday 8:00 - 9:00 pm

Cardio Fitness Karate

A fun and challenging cardio fitness workout that can tone both your upper and lower body as well as your abs while teaching you self-defense techniques. No physical contact. This class is designed to benefit all fitness levels. No experience necessary.



Babysitting is available for the morning cardio classes through the Lake Zurich Parks & Recreation Dept..

**Instructor: Linda Donner
Location: Buffalo Creek - Bldg B
675 Old Mill Grove Road,
Lake Zurich, IL**

