



# BEGINNER AND ADVANCED AMERICAN GOJU KARATE (AGK) CLASSES

(FLYER SIDE 1 OF 2)

Karate builds healthy bodies, confidence and personal discipline. Monthly sessions for beginners and advanced Karate instruction are held at the Royal Palm Beach Recreation Center.

## BEGINNERS

**Pre-register monthly: At least one week prior to start date:**

Ages: 5 - 12 years

When: Classes are held on Mon and Wed, 6:30 - 7:30 pm

Where: Pre-register monthly at the RPB Rec.Center: Begin your monthly session on either the 1st Mon or the 1st Wed of every month (whichever comes first).

Fee: Resident Class Fee\*: \$70/Month & Non-Res.Class Fee\*: \$85/Month  
Checks for class fees are to be made payable to: RPB Recreation.  
Please review back side of this flyer for uniform and supply fee info.

Instructor: Sensei Andy and Cathy

## ADVANCED: Ages 13 - Adult

Ages: 13 yrs - Adult: Instructor's pre-approval required to attend

When: Classes are held on Mon and Wed, 7:30 - 8:30 pm

Where: Pre-register monthly at the RPB Rec.Center: Begin your monthly session on either the 1st Mon or the 1st Wed of every month (whichever comes first).

Fee: Resident Class Fee\*: \$70/Month & Non-Res.Class Fee\*: \$85/Month  
Checks for class fees are to be made payable to: RPB Recreation.  
**Please review back side of this flyer for uniform and supply fee infor.**

Instructor: Sensei Andy and Cathy

**Royal Palm Beach Parks and Recreation Dept.**

**\* See reverse side for uniform/supply fees and further information\***

**790-5124**

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