

youth
fitness

at the
Sabes JCC



Youth Karate

SUNDAYS, 12:15 - 1 PM

AGES 6 - 15

COST: \$55; \$35 JCC Members

Learn the ancient martial art of Tae Kwon Do style karate. Students will be taught the Tae Kwon Do basics, self-defense, and learn self-discipline, in a kid friendly environment. Students may advance through the belt levels and progress at their own pace. All ability levels welcome. Please note, this program meets on a continuous basis and students can register at any time.

Instructor: Judy Weinberger

Judy is a black belt instructor who has been teaching karate at the Sabes JCC since 1998.

Questions?

Contact Jena Radant at 952-381-3418 or jradant@sabesjcc.org.

sabesjcc.org



sabes jcc
minneapolis