

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](mailto:jradant@sabesjcc.org).

[sabesjcc.org](http://sabesjcc.org)



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# Youth Baton Twirling Classes

*Baton twirling for all genders, ages 5-18*

**DATE:** Tuesdays;  
Ongoing Enrollment

**TIME:** 4:15 - 5:15 PM

**LOCATION:** Sabes JCC Gymnasium

**COST:** \$10/session or \$40 monthly

Impress your friends...and maybe even yourself! In baton twirling you will learn hand/eye coordination, team work, individual goal setting & achieving, physical fitness and sportsmanship. Fun Fact: There are college scholarships available for baton twirlers and many performance opportunities. So what are you waiting for? Let's Twirl!

*Batons will be provided for initial lessons. Students are asked to wear short sleeves or tank tops, shorts, or leotard, baton shoes or tennis shoes.*

**Instructors:** Pam Friedman, Sheri Sisler and Suzy Krelitz

**Questions?** Contact Jena Radant at 952-381-3418/jradant@sabesjcc.org.

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# krav maga

at the  
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Krav Maga is the official self defense system of the Israeli Defense Forces, and has been taught to hundreds of law enforcement agencies and thousands of civilians in the United States. It's a simple, effective self defense system that emphasizes instinctive movements, practical techniques, and realistic training scenarios. Krav Maga is characterized by a logical and progressive approach to learning that results in a highly effective, easy-to-learn, natural and practical method of hand to hand combat for real life violent encounters.

*Specialists: Lara Dreier and Don Plowman*

## Krav Maga Pricing

Sessions	Member Rate	Program Participant
Individual	\$15	\$20
8 Sessions	\$100 (\$12.50/class)	\$140 (\$17.50/class)
24 Sessions	\$240 (\$10/class)	\$360 (\$15/class)
48 Sessions	\$360 (\$7.50/class)	\$600 (\$12.50/class)

### **CURRENT CLASS OFFERINGS:**

SATURDAYS from 9-10 AM in the West Studio

For more information please contact Jena Radant at [jradant@sabesjcc.org](mailto:jradant@sabesjcc.org) or 952-381-3418

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