

youth  
fitness

at the  
Sabes JCC



# Youth Karate

SUNDAYS, 12:15 - 1 PM

AGES 6 - 15

COST: \$55; \$35 JCC Members (monthly on-going cost)

Member youth drop in rate \$12/session

Non-Member youth drop in rate \$17/session

*\*\*must be paid prior to class participation and receipt provided to Instructor.*

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 Jory Kircher at 952-381-3418 or [jkircher@sabesjcc.org](mailto:jkircher@sabesjcc.org).

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



sabes jcc  
minneapolis