



OSUNA KARATE
SHOTOKAN KARATE-DO

#3, 141 Commercial Drive, Springbank
Calgary, AB T3Z 2A7

BALANCE AND COORDINATION: Starting on Friday April 6th, 2018

Fridays:

Time: 5:00pm to 6:00pm

12 Fridays program:

April: 6/13/20/27

May: 4/11/18/25

June: 8/15/22/29 (No classes on June 1st, 2018)

Cost: \$ 295 +gst

Program structure:

Children will gather for a warm up to start.

After, they will train on basic techniques working all areas of development: physical, emotional, cognitive, social and psychological.

Each child will work on their own pace and ability until they master the needed technique to advance to the next level.

At the end of the session children will have a stretch or game time, just enough to send them home tired and ready to bed.

More info:

www.osunakarate.com / 403-807-1425 / info@osunakarate.com

Daily routines are flexible and will depend on the students needs. Water / breaks can be taken during each activity as needed. GST not included in rates.