



OSUNA KARATE
SHOTOKAN KARATE-DO

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

Children all abilities program

We offer:

- ⇒ 45 mins. of fun and learning program for kids 7 to 12 years old
- ⇒ All inclusive program
- ⇒ Safe and educational environment
- ⇒ CPR certified, experienced and specialized instructors
- ⇒ Small class ratio 1 : 20

In this program:

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 energized their morning!

This class is occasionally supported with Sempais and other instructors.

Rates and times:

3 months sessions:

Spring 2018 (April to June)

Mondays and Wednesdays from 6:30pm to 7:15pm **\$ 255 + gst**

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.