

BENNETT'S KARATE

Bennett's Karate teaches a traditional style of karate known as Uechi Ryu from Okinawa, Japan - the birthplace of karate. It is one of the 3 base styles of karate from Okinawa, and originated as a Kung-Fu system from Southern China. Uechi Ryu consists of 3 animals styles: Dragon, Tiger, and Crane. For more information please visit bennettskarate.com

KIDS KARATE CLASS (AGES 4-6)

In this class participants concentrate on karate basics through fun drills that develop coordination, discipline and exercise. Students will also learn to count and say basic phrases in Japanese used for class. This program has its own ranking system and its purpose is to prepare younger students for the Youth/Adult karate class.

DAY	DATE	TIME	ACTIVITY #
Saturday	Jan 5-26	12:00 - 12:30 p.m.	3170.101
Saturday	Feb 2-23	12:00 - 12:30 p.m.	3170.201
Saturday	Mar 2-23	12:00 - 12:30 p.m.	3170.301
Saturday	Apr 6-27	12:00 - 12:30 p.m.	3170.401
Saturday	May 4-25	12:00 - 12:30 p.m.	3170.501

Fee: R \$40 / NR \$50 / Sibling \$35

YOUTH AND ADULT KARATE CLASS (AGES 7+)

This class is intended for students 7 years and above, adults, seniors and families. Students will work on etiquette, discipline, communication skills, and working well with others. Classes focus on form, kicking and punching drills, prearranged fighting drills and technical application. Both entry level and advanced drills and exercises will be used to challenge and engage students of all ability levels.

DAY	DATE	TIME	ACTIVITY #
Mon & Wed	Jan 2-30	6:00 - 7:15 p.m.	3171.101
Mon & Wed	Feb 4-27	6:00 - 7:15 p.m.	3171.201
Mon & Wed	Mar 4-27	6:00 - 7:15 p.m.	3171.301
Mon & Wed	Apr 3-29	6:00 - 7:15 p.m.	3171.401
Mon & Wed	May 1-29	6:00 - 7:15 p.m.	3171.501

Fee: R \$55 / NR \$69 / Sibling \$50



Run by professional educators, Square State Skate has more experience engaging youth, directing programs and skating with kids than any other program around. Our commitment to families and the community is paramount and our techniques are unmatched when it comes to helping kids grow and learn, both on and off of their skateboard. Learn more about us on our website squarestateskate.com.

SPRING BREAK SKATE GET-AWAY (AGES 5-15)

Join us for Spring Break skating some of the best parks on the Front Range. Make new friends, learn some new skills, and explore all the different areas of skating, from safety and etiquette to advanced park riding. Come join us for some fun and be a part of our active skateboard community. To register, please visit squarestateskate.com

DAY	DATE	TIME
Monday-Friday	March 25-29	8:30 a.m.-3:30 p.m.

Fee: \$80/day or \$350/week

SKATEBOARD SATURDAY SESSIONS (AGES 5-15)

Come skate with us all year round. Work on how to be safe on your board, work on new skills and tricks, and learn skate park etiquette. A helmet and a skateboard required. Come start your Saturdays with some like-minded goofballs! To register, please visit squarestateskate.com

DAY	DATE	TIME
Saturday	March 9	9:00-10:30 a.m.
Saturday	April 13	9:00-10:30 a.m.
Saturday	May 11	9:00-10:30 a.m.

Fee: \$25

