



Returning for their 25th year at Audubon Elementary
Tuesday & Thursday mornings 7:50 AM to 8:35 AM
First Class: Tuesday, September 25, 2018

Emphasis is put on discipline, respect, and learning *realistic self-defense*. Students develop self-confidence by setting goals, striving for excellence and accomplishing what they set out to do. Students will improve posture and coordination and acquire skills they never thought possible, unlocking their own potential and giving them a positive outlook that can last a lifetime. **No martial arts experience is necessary to join the program.**

Session One dates : September 25 – January 24 (every Tuesday & Thursday except when school is not in session)

Registration fee for the 14-week session is \$280 (a 30% savings from the studio rate!).

If you have questions about this class, you may contact PTSA Extended Classes at ec@audubonptsa.org or Instructor Jennifer Berg at 425.747.9313.

Audubon PTSA



www.audubonptsa.org