



Returning for their 25th year at Audubon Elementary
Tuesday & Thursday mornings **7:50 AM to 8:35 AM**
First Class: Tuesday, February 19, 2019

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 Two dates : Feb 19, 21, 26, 28, Mar 5, 7, 12, 14, 19, 26, 28, Apr 2, 4, 18, 25, 30, May 2, 7, 9, 14, 16, 21, 23, 30, Jun 4, 6

(Please note there will be no class on Mar-21, Apr-16 & Apr-23)

Registration fee for the 13-week session is \$265 (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.

