Karate with Roy Cadiente

Karate promotes personal development and self-discipline. Uniform available from instructor for \$26.50 and up. More info: 949-837-8641. Inst: Roy Cadiente or Matt Hemenez.

W	Jan 8-29	7:30pm-8:30pm	DCP	\$48	#133188
W	Feb 5-26	7:30pm-8:30pm	DCP	\$48	#133189
W	Mar 5-26	7:30pm-8:30pm	DCP	\$48	#133192

Karate for Children & Youth

Karate may improve strength, endurance, balance, coordination and flexibility along with developing confidence, self-esteem, respect and courtesy. Uniform (Gi) available from instructor for \$26.50 and up. More info: 949-837-8641. Inst: Cadiente or Sperling.

<u>AGES</u>	TIME	<u>BELT</u>
7-15	10am	wht/yel/org/blu
4-15	11am	blu/grn/brn age
4-13	12pm	wht/yel/org/blu
8+	1 pm	blu/grn/brn/blk

Sa	Jan 4-25	10am-11am	DCP	\$48	#133175
Sa	Jan 4-25	11am-12pm	DCP	\$48	#133176
Sa	Jan 4-25	12pm-1pm	DCP	\$48	#133177
Sa	Jan 4-25	1pm-2pm	DCP	\$48	#133178
Sa	Feb 1-22	10am-11am	DCP	\$48	#133179
Sa	Feb 1-22	11am-12pm	DCP	\$48	#133180
Sa	Feb 1-22	12pm-1pm	DCP	\$48	#133181
Sa	Feb 1-22	1pm-2pm	DCP	\$48	#133182
Sa	Mar 1-22	10am-11am	DCP	\$48	#133183
Sa	Mar 1-22	11am-12pm	DCP	\$48	#133184
Sa	Mar 1-22	12pm-1pm	DCP	\$48	#133185
Sa	Mar 1-22	1pm-2pm	DCP	\$48	#133186

Karate with Roy Cadiente for Youth

Karate promotes personal development and self-discipline. Uniform (Gi) available from instructor for \$26.50 and up. More info: 949-837-8641. Inst: Ed Derhovanesian or Roy Cadiente. Ages 4-17.

W	Jan 8-29	6:30pm-7:30pm	DCP	\$48	#133195
W	Feb 5-26	6:30pm-7:30pm	DCP	\$48	#133197
W	Mar 5-26	6:30pm-7:30pm	DCP	\$48	#133199

Tiny Tigers Karate

Tame your little one's inner tiger with techniques to channel their energy in this karate class for beginners. Course strives to instill respect, self-control and confidence. Uniform (Gi) available from instructor for \$26.50 and up. More info: 949-837-8641. Inst: Cadiente or Hemenez. Ages 4-9.

Sa	Jan 4-25	9am-10am	DCP	\$48	#133172
Sa	Feb 1-22	9am-10am	DCP	\$48	#133173
Sa	Mar 1-22	9am-10am	DCP	\$48	#133174



Deerfield Community Park (DCP) - 55 Deerwood West, Irvine

For more info, call 949-724-6725 or visit irvinequickreg.org to register