



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY

# YOUTH AND ADULT SELF-DEFENSE KARATE CLASSES

**WINTER SESSION: WEDNESDAYS, JANUARY 11 – MARCH 22**  
**YOUTH CLASSES OPEN TO BOYS AND GIRLS AGES 7 -12**  
**THURSDAY CLASS OPEN TO ADULTS AND AGES 13 AND OLDER**

This Class Promotes:

- Safety Awareness
- Physical Fitness
- Respect
- Self Discipline
- Self Confidence
- Goal Setting

**AND LOTS OF FUN!**



**YOUTH CLASSES WEDNESDAYS**  
**BEGINNERS: 6PM – 6:45PM**  
**INTERMEDIATE: 7PM – 7:45PM**  
**ADVANCED: 8PM – 8:45PM**

**ADULT CLASSES THURSDAYS**  
**6:30PM – 8PM**  
**NEW STUDENTS WELCOME!**

**COST INCLUDES FULL MEMBERSHIP TO THE**  
**BOYS & GIRLS CLUB: \$79**

**Registration at: Cascade Boys and Girls**  
**Club or by phone: 425-267-9526**  
**Please ask for Ian**  
**Registration Closes January 31st**



## Financial Assistance

Boys and Girls Club membership and programs are open to everyone. To the extent possible, financial assistance is made available to those in need, thanks to the generosity of our donors and funding partners.



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### Cascade Boys and Girls Club

7600 Cascade Drive  
Everett, WA 98203  
425.267.9526 tel

<https://bgcsc.org/snohomish-clubs/cascade-club/>

### Our Mission

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

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**THURSDAY CLASS OPEN TO ADULTS AND AGES 13 AND OLDER**

This course is designed for **SELF-DEFENSE** purposes emphasizing **SAFETY AWARENESS**. Self-discipline rather than aggressiveness is promoted. A certified Black Belt will instruct various basic Karate, Self-Defense & Forms. Physical contact is **NOT** allowed in beginner classes.



A quality karate uniform is suggested (not required) available at class. There will be regular testing at the end the session. A special parent demo and awards will be presented at the last class.

**Registration at: Cascade Boys and Girls Club or by phone: 425-267-9526 Please ask for Ian**

**Full Boys & Girls Club Membership is included.**

**For more information contact: [Shihan@nwbudokan.com](mailto:Shihan@nwbudokan.com)**

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