



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY

# YOUTH AND ADULT SELF-DEFENSE KARATE CLASSES

**FALL SESSION: WEDNESDAYS, JANUARY 10 – MARCH 20**  
**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 (Starts Jan. 11th)**

**6:30PM – 8PM**

**NEW STUDENTS WELCOME!**

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

**Registration at: Cascade Boys and Girls Club**

[Register Online Here](#)

**or by phone: 425-267-9526**

**Please ask for Ian or Melissa**

**Registration Closes Jan 26<sup>th</sup>**



## 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.



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY

### 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.

# YOUTH AND ADULT SELF-DEFENSE KARATE CLASSES

FALL SESSION: WEDNESDAYS, SEPTEMBER 27 – DECEMBER 13  
YOUTH CLASSES OPEN TO BOYS AND GIRLS AGES 7 -12  
THURSDAY CLASS OPEN TO ADULTS AND AGES 13 AND OLDER

[Register Online Here](#)

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 [Register Online Here](#)

or by phone: 425-267-9526 Please ask for Ian or Melissa

Full Boys & Girls Club Membership is included.

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

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