

The Cloverleaf Community Recreation Center



KARATE

GYMNASTICS

Kwan Mu Kan Karate

Karate is for all ranks from ages 5 to adult. Students will increase their skills of kicks, punches, defends, releases and tumbling. A philosophy of non-violence is stressed. Self-confidence is promoted through discipline and focus. Physical contact is strictly supervised. Opportunity for belt ranking is offered.

***Beginner & Novice Karate is now on Tuesday.**

Instructed by:

Anthony Harmon, 4th Degree Black (Yodan)

Joe Raymond, 4th Degree Black (Yodan)

Location: Cloverleaf Rec Center

March / April / May Sessions:

Tue, March 20, 27, April 10, 17, 24, May 1, 8 & 15

Thur. March 22, 29, April 12, 19, 26, May 3, 10, 17

June / July / August Sessions:

Tue, June 5, 12, 19, 26, July 3, 10, 17 & 24

Thur. June 7, 14, 21, 28, July 5, 12, 19 & 26

Time: Tue-Beg (6:00-7:00 pm)

Tue-Novice/Inter (7:00-8:00)

Thursdays-Combo (7:00-8:00 pm)

Age Level: Ages 5 & up

Cost: One day, \$50 member / \$60 non-member

Gymnastics

This program begins with basic gymnastic techniques introduced in the Beginner level and progresses through the Intermediate level. The skills and routines build off of one another. Our instructor reserves the right to move a gymnast within the classes depending on their skill level. **(Ages 5 and up)**

Our instructor, Ashley, has been a competitive gymnast for 16 years. She was State Runner-Up as a freshman for Cloverleaf and also a National Qualifier/Placer. Ashley also teaches at Westside Gymnastics in Akron and the Medina Gymnastics Academy.

Instructor: Ashley Rose

Location: Cloverleaf Rec Center

Days: Thursday Evenings

February / March Session:

Feb. 16, 23, March 1, 8, 15 & 22

April / May Session:

April 12, 19, 26, May 3, 10 & 17

Times: Beginner (6-7:00 pm) Inter. (7-8:00 pm)

Age Level: Ages 5 & up

Cost: \$50 member / \$60 non-member(each session)

Use your Master-card / Visa / Discover, or register by phone or mail. EZPay is also available online@ www.cloverleaflocal.org
Return registrations to the school in an envelope marked Cloverleaf Rec Center or mail your registrations to Cloverleaf Rec Center, 8525 Friendsville Rd., Lodi, OH 44254. Call the Rec (330-948-1323) or (330-721-3601) to register by phone.** Make check payable to Cloverleaf Rec Center.

Student's Name _____ Grade/Age _____ School _____

Date of Birth _____ Phone _____

Address (include PO) _____ City, Zip _____

Parent's Name _____

Class (please specify day & level) _____ **Time** _____

Parent's Signature: _____ Email Address _____

Total Amount _____ Check # _____

Mastercard/Visa/Discover# _____ Exp. Date _____

Confirmation# _____

Photographs taken during class activities may be used for publicity purposes.