

# Desert Recreation District

JOIN US ONLINE THROUGH ZOOM



## ADAPTIVE KARATE

ONLINE PROGRAM



**Class teaches spatial awareness, discipline, self-control, self-defense, and Shito-Ryu Karate & Kobudo.**

**Instructor works with each student to achieve their best self.**

**WHO:** Individuals with a special need or disability, 4 Years of Age and Over

**WHEN:** Mondays, Ongoing, 2:30-3:30 P.M.

**FEE:** \$50 each month

**EXTRAS:** Class  information will be on your receipt after registering for the class.

**Best location:** An open/clear area (nothing to knock off walls and free of tables/chairs)

**Wear your karate uniform (if available) or appropriate workout attire.**

**Don't forget water!**



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