

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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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484