

Kung Fu San Soo

Ages 8 & Up

Learn the various combinations of strikes, blocks, punches and kicks. Kung Fu San Soo utilizes principles of physics involving movement, leverage, breathing, agility, concentration and balance. Additional fees for uniforms will be paid to the instructor. No class 7/4.

Instructor: Martin Calderon, 5th degree black belt

Activity Fee: \$40

Location: James Woody Community Center Mini-Gym

Date:	Day:	Time:
June 3 - 27	M/F	6:30 - 7:30 pm
July 1 - 29	M/F	6:30 - 7:30 pm
Aug 1 - 29	M/F	6:30 - 7:30 pm

Tiny Tigers Karate

Ages 4 - 6

This karate class for youngsters will focus on basic karate moves through fast-paced and fun activities. It's a great way to improve coordination and focus. This class is taught by Sensei Paul Walker, 5th degree black belt. Family discounts available. Additional fees apply for uniforms (\$42) and testing (\$25-\$30) and are paid to the instructor.

Activity Fee: \$42

Location: James Woody Community Center Arts & Crafts Room

Date:	Day:	Time:
June 2 - 23	Th	6 - 6:30 pm
July 7 - 28	Th	6 - 6:30 pm
Aug 4 - 25	Th	6 - 6:30 pm

Gymnastics Classes

with 360 Freestyle Gymnastics Academy

Looking for a fun, safe and healthy gymnastics experience? Our recreational gymnastics classes are the perfect place to begin. From toddlers to pre-teens, we offer fundamental instruction on all gymnastics apparatus in an atmosphere that promotes positive self-esteem and encourages the habit of lifelong physical fitness. No previous experience necessary.

Instructor: 360 Freestyle Gymnastics Academy coaching staff

Location: 22355 Powhattan Rd, Cl, Apple Valley
Register in advance at Town Hall

Mommy & Me Gymnastics

Ages 1 1/2 - 3

Mommy and Me Gymnastics is a child-parent interactive program that stimulates your child's athletic ability.

Activity Fee: \$30

Location: 360 Freestyle Gymnastics Academy

Date:	Day:	Time:
June 1 - 29	Wed	2:30 - 3 pm
July 6 - 27	Wed	2:30 - 3 pm
Aug 3 - 31	Wed	2:30 - 3 pm

Tumble Tots Gymnastics

Ages 4 - 6

This class is designed to introduce young children to the fundamentals of gymnastics.

Activity Fee: \$35

Location: 360 Freestyle Gymnastics Academy

Date:	Day:	Time:
June 1 - 29	Wed	1:15 - 2 pm
July 6 - 27	Wed	1:15 - 2 pm
Aug 3 - 31	Wed	1:15 - 2 pm

Shotokan Karate

Ages 7 & Up

Learn self-control and self-confidence while improving your health and fitness. This class is taught by Sensei Paul Walker, 5th degree black belt. Family discounts are available. Additional fees apply for uniforms (\$42) and testing (\$25-\$30) and are paid to the instructor.

Activity Fee: \$52

Location: James Woody Community Center Arts & Crafts Room

Date:	Day:	Time:
June 2 - 23	Th	6:30 - 7:30 pm
July 7 - 28	Th	6:30 - 7:30 pm
Aug 4 - 25	Th	6:30 - 7:30 pm

Beginning Gymnastics

Ages 7 - 12

This class is a recreational program designed to introduce boys and girls to the gymnastics sport.

Activity Fee: \$40

Location: 360 Freestyle Gymnastics Academy

Date:	Day:	Time:
June 1 - 29	Wed	12:15 - 1:15 pm
July 6 - 27	Wed	12:15 - 1:15 pm
Aug 3 - 31	Wed	12:15 - 1:15 pm

Dress Code for all Gymnastics classes:

Shorts, sweats, leotards, comfortable clothing, long hair in a ponytail.

Additional Fees:

A \$35 annual registration fee is due upon signing up. This fee is for insurance and general maintenance costs. Registration fee is paid directly to 360 Gymnastics.