

# YOUTH & ADULT PROGRAMS

## **KARATE KAMP**

Join Sensei David Funk and his associate instructors in this exciting and educational sneak preview ! Kids, teens and adults will be introduced to Karate and Self-Defense for the all new Karate Program coming July 2011...

### **Kid Kamp(s)**

Basics in Karate and Self-Defense along with team building exercises will be taught. In addition to promoting the following values: Respect & Courtesy, Attitude, Confidence & Self-Esteem, and Environmental Awareness, energy-packed drills and skills building will be sure to make this an exciting opportunity you WON'T want to miss! Each participant will receive a certificate of completion following the class.

### **Teen/Adult Kamp**

Basics in Karate and Self-Defense will be taught in addition to environmental awareness and critical everyday items that everyone should have to help defend themselves. An introduction to our 3 phase Women's Self-Defense Program will also be presented. Each participant will receive a certificate of completion following the class.

#### **Lil' Lions Kamp:**

**WHO:** Ages 5 - 7  
**TIME:** 9:00 am - 9:45 am

#### **Youth Kamp:**

**WHO:** Ages 8 - 12  
**TIME:** 10:00 am - 11:00 am

#### **Teens/Adult Kamp:**

**WHO:** Ages 14 & up  
**TIME:** 11:15 am - 12:30 pm

**WHEN:** Friday  
June 17th

**WHERE:** Le -Win Junior High School Gym

**FEE:** \$10

**INSTR:** Sensei David Funk & Associates

Wear comfortable clothing.

Arrive 10 min. prior to your class time.



## **ADULT GOLFERS**

Have you ever wanted to know how to golf? Now is the time to learn the sport! In this class you will be taught the proper stance, grip, swing, rules and course manners. Participants should have a basic set of clubs. Lessons will depend on the weather.

**WHO:** Ages 18 & up

**WHEN:** Wednesdays

June 1 - June 29

6:00 pm - 7:00 pm

**WHERE:** Wolf Hollow Golf Course

**FEE:** \$55 in district

\$60 out of district

**INSTR:** Doral Reining

## **LENA HORSESHOE LEAGUE**

Horseshoes are a great way to get out of the house, meet new people and have some fun. Although there is no fee required to play, a \$25 contribution from all pitchers is necessary to cover the cost of the year end banquet and prizes.

**WHO:** Men and women ages 18 & up

**WHEN:** Tuesdays

May - Aug

7:00 pm

**WHERE:** Dodds Park

**FEE:** No Fee required to play

\$25 contribution from all pitchers

**INFO:** Mark Jordan at (815) 369-4052

Jim Arnold at (815) 369-5308

## **WE'RE NOW ACCEPTING**

