



Police Office/Director: Kevin Worth P.O. Box 203, Plainview, N.Y. 11803 Phone: 516-822-1911

SHOTOKAN KARATE

STARTS: MONDAY APRIL 1, 2019

WEDNESDAY APRIL 3, 2019

SENSEI: Tom Walter 8th Dan Rank, American Karate Council

LOCATION: Mattlin Middle School Wrestling Room

FEE : \$65.00 All Checks made Payable to: PLAINVIEW P.A.L.

DAY: Mondays or Wednesday

AGES: 7-18

**TIME: Beginners: 7:30-8:30 pm
Advanced: 7:30-9:00 pm (Green Belts & Above)**

REGISTRATION: First night of the class you plan on attending

Self-Defense * Physical Conditioning * Self-Discipline * Character Development