

After School Karate Session 1



**After School Enrichment Program
for Karate**



Highland Ranch Elementary 8 Classes per Session

This Program is designed to support your child's development in self-confidence, strong character, and self-discipline while learning self-defense through the use of the Martial Arts.

Additional program information at www.manna.us

Please notify us if your child has any allergies due to classes being held outdoors.

To Register: You may register at: www.temas.org/outreach or contact us at (858) 487-6470: TEMAS/MANNA'S

Dress: Students are required to have an approved uniform: ages 5 & 6 Little Dragons and ages 7 and up Dragons uniform. They will train on the grass with bare feet; tennis shoes are required if we are on dirt or asphalt.

www.temas.org

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**On Wednesdays
1:45 to 2:45 PM
Session 1**

**8 Class Dates:
October 4, 11, 18, 25
November 8, 15, 29
December 6**

Dates are subject to change due to unexpected school closures.

First time participants receive a FREE Uniform, this session fee is \$160

Returning student with approved uniform, this session fee is \$160

Returning student and a new uniform, this session is \$200

Register at: www.temas.org/outreach

Martial Arts (Karate) classes are being instructed and donated to TEMAS by Manna's Martial Arts



Manna's 38 years serving PUSD community



Master Chris Brandt
Chief Instructor
Dragon Director
Enrichment Director



Adam Hartsog
Certified 3rd Dan
Instructor of Martial Arts

**After School Karate Program
Makeup Lessons & Refunds:**

If weather does not permit class to be held, a class will be added to the end of the session. There are no refunds for missed classes. Confirmation (and cancellations if necessary) will be e-mailed prior to classes starting. Makeup classes will be offered at Manna's Martial Arts, Carmel Mountain.