

Kung Fu

Learn the lifelong benefits of Kung Fu! Kung Fu teaches awareness of self and surroundings and improves self-esteem and confidence. Join a fun, progressive, full participation class that focuses on helping students develop leadership, discipline, concentration and coordination skills for a healthy mind and body.

Learn & Improve

Coordination
Self Defense
Strength
Flexibility
Endurance

Youth
age 5+
Through
Adult

Mondays | GL

Jan 30-Mar 20 | 7 ses | \$79 | skip Feb 20

Beginners | 6:15-7pm | YKNGA-W1

White-Green Belts | 6:15-7pm | YKNGB-W1

2nd Green-Black Belt | 7-7:45 | YKNGC-W1

Instruments & Sparring | 7:45-8:30pm | YKNGE-W1

Thursdays | DHMS

Jan 26-Mar 23 | 8 ses | \$79 | skip Feb 9

Beginners | 6:15-7pm | YKNGA-W2

White-Green Belts | 6:15-7pm | YKNGB-W2

2nd Green-Black Belt | 7-7:45pm | YKNGC-W2

Instruments & Sparring | 7:45-8:30pm | YKNGE-W2

PW Location Feb 16 & 23

Saturdays | TL

Jan 28-Mar 18 | 7 ses | \$79 | skip Mar 4

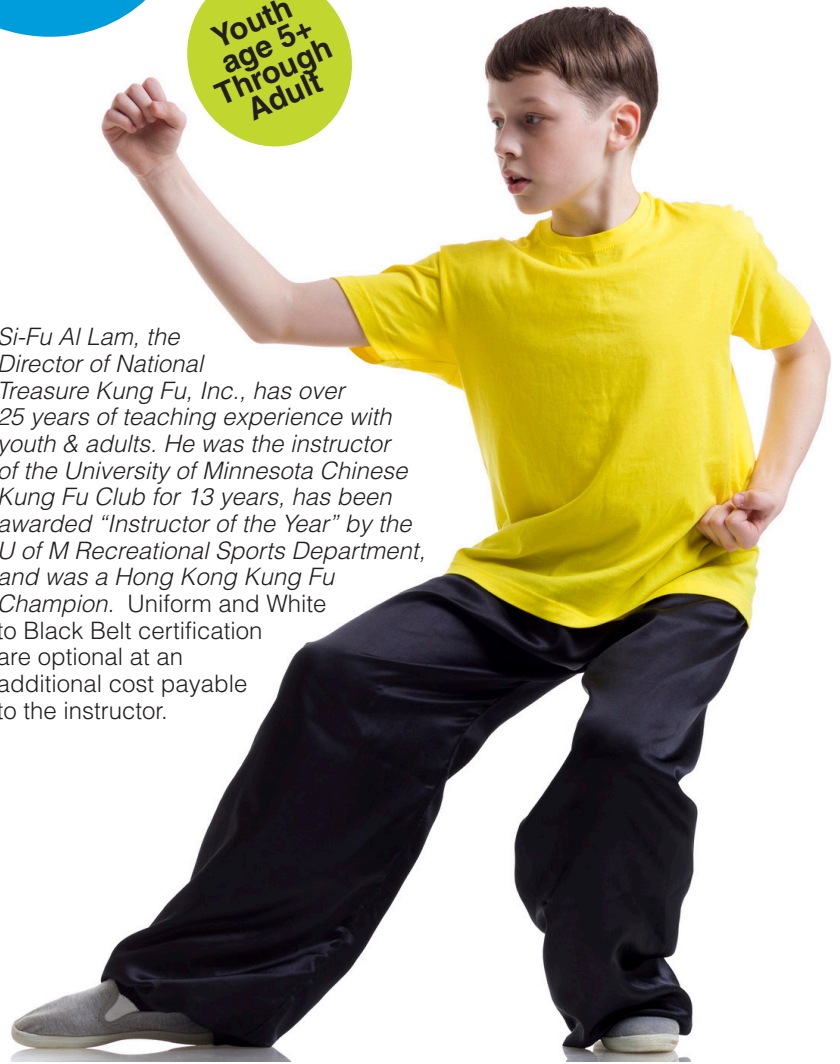
Beginners | 9:30-10:15am | YKNGA-F3

White-Green Belts | 9:30-10:15am | YKNGB-W3

2nd Green-Black Belt | 10:15-11am | YKNGC-W3

Instruments & Sparring | 11-11:45am | YKNGE-W3

Si-Fu Al Lam, the Director of National Treasure Kung Fu, Inc., has over 25 years of teaching experience with youth & adults. He was the instructor of the University of Minnesota Chinese Kung Fu Club for 13 years, has been awarded "Instructor of the Year" by the U of M Recreational Sports Department, and was a Hong Kong Kung Fu Champion. Uniform and White to Black Belt certification are optional at an additional cost payable to the instructor.



Locations

DHMS | Dakota Hills Middle School
4183 Braddock Trail, Eagan
main south entrance

PW | Pinewood Community School
4300 Dodd Rd, Eagan

TL | Thomas Lake Elementary
4350 Thomas Lake Rd, Eagan

GL | Greenleaf Elementary
13333 Galaxie Ave, Apple Valley

register online at www.district196.org/ce

or call 651-423-7920