

Champion Youth Karate (ages 5-15)

Register today!

Learn basic karate moves and self-defense combinations in addition to reinforcing important goals promoted in our schools today: self-control, communication, positive self-esteem, responsible citizenship, drug avoidance and personal safety. Safety awareness, self-discipline and defense are stressed rather than aggression.

Norm Rolando (Mondays) is an 8th degree Black Belt in Am. Kenpo Karate. He is the owner of Champion Youth Karate and has over 50 years of martial arts experience, 40 teaching children and adults. He focuses on human motor learning. Dennis Bechly (Thursdays) is a 3rd degree Black Belt, has over ten years of experience in Kenpo Karate and has coached a wide variety of youth activities. Visit www.facebook.com/ChampionYouthKarate. Wear loose-fitting clothes. Uniforms are optional and available from the instructor for \$30. There is no charge for the belt test.



Mondays | BHMS

Nov 28-Jan 30 | 8 ses | \$55 | skip Dec 26 & Jan 2

Beginners | 6-6:40pm | YCHMPA-F3

Advanced | 7:40-8:20pm | YCHMPC-F3

Returning | 6:50-7:30pm | YCHMPR-F3

Kenpo Karate age 13+ | 8:30-9:10pm | YCHMPT-F2

Thursday | CP

Dec 1-Feb 2 | 8 ses | \$55 | skip Dec 22 & 29

Beginners | 6:10-6:50pm | YCHMPA-F4

Advanced | 7:50-8:30pm | YCHMPC-F4

Returning | 7-7:40pm | YCHMPR-F4

SV Location Dec 8, Jan 5 & 19

Locations

BHMS | Black Hawk Middle School
 1540 Deerwood Dr, Eagan
 South entrance (lower level)

CP | Cedar Park Elementary
 7500 Whitney Dr, Apple Valley

SV | Southview Elementary
 1025 Whitney Dr, Apple Valley

You can register online at www.district196.org/ce or complete this form and drop off, mail or fax.
 15180 Canada Avenue, Rosemount, MN 55068 | Fax 651-423-7770

Participant Name _____ Birth date _____ Male Female
 Name or Parent/Guardian _____
 Address _____
 Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____
 Emergency Contact _____ Phone _____ Email _____
 Special needs, allergies: _____
 Course Code _____ Title/Level _____ Location _____
 Days _____ Dates _____ Begin Time _____ Fee \$ _____
 Check (payable to District 196) Cash Visa/MasterCard/Discover (complete below)
 Account Number _____ Exp Date _____ CSV Code _____
 Signature _____

Note: A \$10 processing fee will be charged on any registration canceled by the registrant. Please refer to our Community Education catalog for complete information on our refund procedure. District 196 does not discriminate in employment or in any of its programs and activities on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, familial status, membership or activity in a local human rights commission, disability, sexual orientation, age or genetic information. District 196 provides equal access to designated youth groups. The Director of Human Resources (651-423-7859) has been designated to respond to employment-related inquiries regarding the non-discrimination policies. The Director of Elementary Education (651-423-7782) and the Director of Secondary Education (651-423-7712) have been designated to respond to student-related inquiries regarding the non-discrimination policies. The Director of Special Education (651-423-7629) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068. 10/21/2016