

Kung Fu

Youth
age 5+
through
Adult

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. Improve your coordination, strength, flexibility and endurance.



Si-Fu Ai 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 and has been awarded "Instructor of the Year" by the U of M Recreational Sports Department. Uniform and White to Black Belt certification are optional at an additional cost payable to the instructor.

Saturdays | TL

Apr 8-May 20 | 7 ses | \$79

Beginners | 9:30-10:15am | YKNGA-S3

White-Green Belts | 9:30-10:15am | YKNGB-S3

2nd Green-Black Belt | 10:15-11am | YKNGC-S3

Instruments & Sparring | 11-11:45am | YKNGE-S3

Mondays | GL

Apr 10-May 22 | 7 ses | \$79

Beginners | 6:15-7pm | YKNGA-S1

White-Green Belts | 6:15-7pm | YKNGB-S1

2nd Green-Black Belt | 7-7:45 | YKNGC-S1

Instruments & Sparring | 7:45-8:30pm | YKNGE-S1

Thursdays | DHMS

Apr 13-Jun 1 | 8 ses | \$79

Beginners | 6:15-7pm | YKNGA-S2

White-Green Belts | 6:15-7pm | YKNGB-S2

2nd Green-Black Belt | 7-7:45pm | YKNGC-S2

Instruments & Sparring | 7:45-8:30pm | YKNGE-S2

PW Location Apr 20, May 4 & 25

☀ Mondays | FRMS

Jun 12-Jul 24 | 6 ses | \$79 | skip Jul 3

Beginners | 6:15-7pm | YKNGA-U1

White-Green Belts | 6:15-7pm | YKNGB-U1

2nd Green-Black Belt | 7-7:45 | YKNGC-U1

Instruments & Sparring | 7:45-8:30pm | YKNGE-U1

☀ Saturdays | SHMS

Jun 17-Jul 29 | 7 ses | \$79

Beginners | 9:30-10:15am | YKNGA-U2

White-Green Belts | 9:30-10:15am | YKNGB-U2

2nd Green-Black Belt | 10:15-11am | YKNGC-U2

Instruments & Sparring | 11-11:45am | YKNGE-U2

Locations

DHMS | Dakota Hills Middle School
4183 Braddock Trail, Eagan
main entrance, door #1

SHMS | Scott Highlands Middle School
14011 Pilot Knob Rod, Apple Valley
main entrance, door #1

FRMS | Falcon Ridge Middle School
12900 Johnny Cake Ridge Rd, Apple Valley
east entrance, door #8

GL | Greenleaf Elementary
13333 Galaxie Ave, Apple Valley

TL | Thomas Lake Elementary
4350 Thomas Lake Rd, Eagan

PW | Pinewood Community School
4300 Dodd Road, Eagan

register online at www.district196.org/ce

or call **651-423-7920**

