

Little Kickers

Pre-School Karate

This 30 minute karate class is suitable for ages 3-5. Children will learn the basics of karate, control and discipline through lots of fun games and activities. The lessons will be structured around mindfulness ending with yoga to center and ground them. The last class is a karate show for family and friends.
Kids should wear comfortable attire- No tights or dresses

WEDNESDAY: 3:30-4 P.M.
JANUARY 17- MARCH 7
\$149 FOR 8 CLASSES
WESTON SENIOR. CENTER

Registration has begun:
www.westonct.gov/parksandrec
203-222-2655

