

HOMESCHOOL

All Sport – Homeschool (6Y-16Y)

A fun-filled, action packed program for homeschool students. Participate in a wide variety of gym-based activities and games, learn the rules and basic skills of various sports and explore the climbing wall, swimming pool and arena. Class schedule handed out in the first class.

(6Y-10Y)					
Tu	May 4- Jun 22	12:45 PM-01:45 PM	\$82/8	[17989]	
Th	May 6- Jun 24	12:45 PM-01:45 PM	\$82/8	[17991]	
(11Y-16Y)					
Tu	May 4- Jun 22	01:45 PM-02:45 PM	\$82/8	[17990]	
Th	May 6- Jun 24	01:45 PM-02:45 PM	\$82/8	[17992]	

Creative Writing - Homeschool (8Y-16Y)

Do you know you want to put pen to paper but not know where to start? Our skilled instructor encourages you to be inventive, resourceful and sometimes daring to develop your own personal style. Learn to bring life to your ideas by translating them onto paper. For more information visit [www.simon-rose.com](http://www.simon-rose.com)

(6Y - 10Y)					
Th	May 6- Jun 24	10:45 AM-12:00 PM	\$164/8	[18281]	
(11Y - 16Y)					
Th	May 6- Jun 24	12:15 PM-01:30 PM	\$164/8	[18282]	

MARTIAL ARTS

Aikido – Adult (15Y+)

This dynamic, traditional Japanese martial art teaches students to control and redirect the power of an attack, not confront it, allowing a suitable throw or pinning technique to be applied. This introductory adult class focuses on skill development and technique along with physical and mental fitness.

M, W	May 3- Jun 28	07:00 PM-08:30 PM	\$144/16	[18132]	
M, W	Aug 4- 25	07:00 PM-08:30 PM	\$63/7	[18134]	

Aikido - Continuing Children's (6Y-14Y)

This course is for students who have completed their yellow belt. Students learn to redirect an opponent's power and resolve conflicts without injury to either party. This class emphasizes fun and teaches respect, relaxation and self-confidence while increasing physical fitness. Students work toward successive belts as skills are developed.

(6Y-10Y)					
May 1 - Jun 28	Sa	10:00 AM-11:00 AM	\$117/16	[18130]	
	M	06:00 PM-07:00 PM			
Aug 7 - Aug 28	Sa	10:00 AM-11:00 AM	\$55/7	[18136]	
	M	06:00 PM-07:00 PM			

(11Y-14Y)					
May 1-Jun 28	Sa	11:00 AM-12:00 PM	\$117/16	[18131]	
	W	06:00 PM-07:00 PM]			
Aug 7-Aug 28	Sa	11:00 AM-12:00 PM	\$59/8	[18137]	
	W	06:00 PM-07:00 PM			

Hap Ki Do -Children (7Y-9Y)

Students develop concentration, physical skills, and a positive attitude while learning basic Hap Ki Do techniques. Learn how to roll, kick, punch and defend yourself in a fun and lively atmosphere.

Tu	May 4- Jun 22	04:30 PM-05:30 PM	\$63/8	[18140]	
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Hap Ki Do -Youth (10Y-14Y)

Learn fundamental Hap Ki Do techniques with an emphasis on self-defense. Students in this program are introduced to important Hap Ki Do principles in addition to learning basic strikes, blocks, and kicks.

Tu	May 4- Jun 22	05:30 PM-06:30 PM	\$63/8	[18141]	
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Hap Ki Do -Adult (15Y+)

Called the art of complete self-defense, Hap Ki Do is an integrated fighting system which combines the dynamic kicking and punching traditionally associated with Korean martial arts, together with a vast array of joint locks and throws designed to subdue or control an attacker. A diverse art form, Hap Ki Do strengthens and conditions the mind, body, and spirit. Instructor: Jeremy Tillman, a fourth Dan Black Belt with 15 years of martial art experience.

Su	May 2- Aug 29	10:00 AM-11:30 AM	\$161/18	[18143]	
Tu, F	May 4- Aug 27	07:00 PM-08:30 PM	\$310/34	[18142]	

Tae Kwon Do (6Y+)

Don't be fooled by the movies - there's more to martial arts than hidden harnesses and slow motion! Tae Kwon Do is a fun, exciting, and modern martial art for everyone. We've teamed up with Chan Lee Tae Kwon Do to help participants achieve a strong mind and body through vigorous conditioning drills and practical physical training. Registrants are encouraged to purchase a uniform through Chan Lee Tae Kwon Do.

Th	May 6- Jun 24	07:30 PM-08:30 PM	\$65/8	[18075]	
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