

École Pitt Meadows Elementary

SHOTOKAN KARATE AT PME (GR. 1-7)

Pitt Meadows Shotokan Karate offers classes at École Pitt Meadows Elementary. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The program's primary goal is to teach respect for one's self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

Session 1

Tuesdays and Thursdays, 2:30 – 3:30 p.m.
March 30 – June 17

Session 2

Wednesdays, 2:30 – 3:30 p.m.
March 31 – June 16

Location: Pitt Meadows Elementary (stage)

Registration Fee: \$210 (24 sessions)

To register: Contact Amy Shaw at 604.314.5852 or
theninjalady@gmail.com

**If you require financial assistance please contact
Drea Owen at 604.346.9815 or drea_owen@sd42.ca*



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