

# Karate

Learn a versatile style of the Martial Arts. Instructors Dennis & Kay Bembenek, both 8th degree black belts, have been teaching through the Lemont Park District since 1981. Along with learning Isshinryu Karate (Okinawn style), training in self-defense will be covered.

**Fees: First Family Member \$83**

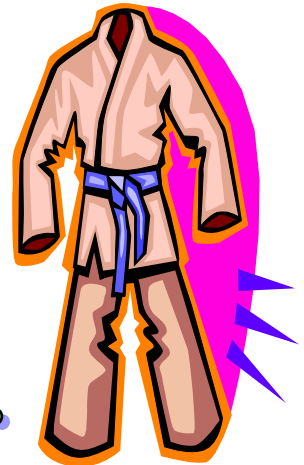
**Resident Discount Rate \$55**

**Second Family Member \$68**

**Resident Discount Rate \$45**

**Third Family Member \$60**

**Resident Discount Rate \$40**



**Youth  
Beginner**



**Adult  
Beginner**

**Ages 6 & Up  
501800B**

**Ages 12 & Up  
501801B**

*This class is to attain the rank of yellow belt. Upon completion of this class students may enroll in the Advanced class.*

<u>Date</u>	<u>Day</u>	<u>Time</u>
8/10-10/14	Tu&Th	6:30-7:30pm

**Advanced**

**Ages 6 & Up**

*This class is for ages 6 thru adult. Must have attained the rank of yellow belt to be enrolled in the Advanced class.*

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
501801A	8/10-10/14	Tu&Th	6:30-8:00pm

**Advanced Workout Location: Centennial—Keepataw**

**\*Fee for this class is included in the Adv. Karate Class.**

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
501802A	8/14-10/16	Sa	10:00-11:30am

**Notes: No class 9/4. Location subject to change.**

*Once class starts you CANNOT register on-line. Must come in to register or fax your registration form to #630-257-6944.*

*SEE KARATE CALENDAR ON-LINE FOR ANY CHANGES TO WHERE IT IS BEING HELD.*



**For more information, call 630-257-6787 or visit [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org)**