

TRAIN
the body

CHALLENGE
the mind

NURTURE
the spirit

Karate classes begin:

Wednesday, Sept. 11
Youth Registration – 6:30 p.m.
Youth Class – 7:00 p.m.
Adults – 8:00 p.m.,
Gull Lake School Gym

New members always welcome
All ages (8 and up) and abilities!
Regular classes every Sun & Wed



For more information, call Cal at 672-7791,
Anesia at 772-0860, or Joe at 671-7775
Or visit our web site at <http://ckkc.ca>