



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY

# YOUTH AND ADULT SELF-DEFENSE KARATE CLASSES

**FREE CLASSES FOR PARENTS OF PAID YOUTH STUDENTS!**

**FALL SESSION: WEDNESDAYS, SEPTEMBER 9 - DECEMBER 9**  
**YOUTH CLASSES OPEN TO BOYS AND GIRLS AGES 7 - 12**  
**THURSDAY CLASS OPEN TO ADULTS AND AGES 13 AND OLDER**

This Class Promotes:

- Self-Defense
- Leadership
- Self Discipline
- Physical Fitness
- Respect
- Self Confidence
- Focus
- Goal Setting

**AND LOTS OF FUN!**



**YOUTH CLASSES WEDNESDAYS**

**BEGINNERS: 6PM – 6:45PM**

**INTERMEDIATE: 7PM – 7:45PM**

**ADVANCED: 8PM – 8:45PM**

**ADULT CLASSES THURSDAYS Starts September 10<sup>th</sup>**

**6:30PM – 8PM**

**NEW STUDENTS ALWAYS WELCOME!**

**COST INCLUDES FULL MEMBERSHIP TO THE BOYS  
& GIRLS CLUB: \$79**

**Registration Portal:**

**[bgcsnohomishcounty.my.site.com/portal/s/login/](https://bgcsnohomishcounty.my.site.com/portal/s/login/)**

**For Information email: [Shihan@NWBudokan.com](mailto:Shihan@NWBudokan.com)**

**Youth Karate Registration Closes September 25<sup>th</sup>**

**Adult Classes always open to new students!**



## Financial Assistance

Boys and Girls Club membership and programs are open to everyone. To the extent possible, financial assistance is made available to those in need, thanks to the generosity of our donors and funding partners.



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY

## Cascade Boys and Girls Club

7600 Cascade Drive

Everett, WA 98203

425.267.9526 tel

<https://bgcsc.org/snohomish-clubs/cascade-club/>

## Our Mission

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

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This course is designed for **SELF-DEFENSE** purposes emphasizing **SAFETY AWARENESS**. Self-discipline rather than aggressiveness is promoted. A certified Black Belt will instruct various basic Karate, Self-Defense & Forms. Physical contact is NOT allowed in beginner classes.



Disclaimer: Everett Public Schools has neither reviewed nor approved the program, personnel, activities, or organizations announced in this flyer. The participants agree to protect, indemnify, and hold harmless the district, its elected and appointed officials, employees, agents, staff, and volunteers, from any and all claims, liabilities, damages, expenses, or rights of action, directly or indirectly attributed to the activities. Permission to distribute this flyer should not be considered a recommendation of the program by the school district. This is not a school district sponsored activity.

Registration Portal: [bgcsnohomishcounty.my.site.com/portal/s/login/](https://bgcsnohomishcounty.my.site.com/portal/s/login/)

For more information contact: [Shihan@nwbudokan.com](mailto:Shihan@nwbudokan.com)



A quality karate uniform is suggested (not required) available at class. There will be regular testing at the end of the session. A special parent demo and awards will be presented at the last class.