



Wado Kai Karate

Karate builds self-confidence and discipline. The Wado Kai 8-week program offers graduated skill-based classes that promote physical fitness, flexibility and stamina.

Dates: Wednesday, Mar. 20 - Wednesday May 15

Times: Beginners 5:00 - 6:00 p.m.
Beginner/Intermediate 6:15 - 7:15 p.m.
Advanced 7:30 - 9:00 p.m.

Fees: \$110 Beginner/Intermediate
\$120 Advanced

Location: RecPlex Oakview Centre,
1724 Mosley St.

Register online or in-person

