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City of Los Angeles Department of Recreation & Parks **Westchester Recreation Center** 7000 W.Manchester Ave, Los Angeles CA 310-670-7473 westchester.recreationcenter@lacity.org

@WestchesterRecCenter

Wado-Ryu

KARATE

CLASS	AGES	DAYS	TIME	WKS	FEE
Karate I	7 - 11	Mondays & Wednesdays 2x Per Week	4:00 - 4:45pm	8	\$140
Karate II	12 - 17		5:00 - 5:45pm	8	\$140
Karate III	18 & Up		6:00 - 6:45pm	8	\$140

Classes Begin Week Of: 4/08/24

Classes End Week Of: 6/03/24

NO CLASS ON: 5/27/24

ABOUT THE INSTRUCTOR:

Instructor Natineal Wondwosen has been a practitioner of Wado-Ryu Karate since 2010 and has dedicated his life to the art since that time. The purpose of practicing Wado-Ryu Karate-Do is fostering the spirit of peace and harmony in oneself. The goal is strive to be a better version of yourself.

"PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details. Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements. Achieving gender equity though a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport. Classes and programs may be subject to cancellation or change