

TOWN of CHESTERFIELD

-Presents-

Introductory

KARATE CLASSES

Free classes- January 16th , 23rd , & 30th

Boys and Girls



Learn Karate and self-defense techniques

Attitude

Increase self-control and discipline

Respect

Confidence

Improve balance and coordination

Focus

The Millcreek Karate Program is offered through the Town of Chesterfield and is located at 403 W Main Street in Chesterfield. Ph. 765-378-1023

Classes are for ages 5 years and older, meeting on Wednesday nights from 5:45pm to 6:45pm. Teenage & adult classes also available at same time frame. (note: January 30th will be a safety and self-defense program)

Wear loose fitting clothing. Attend as many classes that you wish to attend.

TO REGISTER:

Participants will need to arrive 15 minutes before class time. Call the Millcreek Center and place the participants name and age on the registration list. You may leave a voice message with the needed information if office is closed. A parent or guardian must be present with children participants. January 30th class will consist of a safety program with self defense techniques.

Please call Monday, Wednesday, or Friday from 4pm to 7pm: Saturday 9am-noon
Millcreek Civic Center/Town of Chesterfield, 403 W Main Street. PH 765-378-1023

OTHER CHESTERFIELD TOWN PROGRAMS



Zumba Classes

January 15th, 17^h, 22nd & 24th - FREE Classes

Classes meet each week: Tuesday & Thursday, 6pm to 7pm

All ages welcome- wear comfortable shoes & clothes. Please arrive 15 minutes before class for registration.

NOTE: FREE ZUMBA & KARATE for new participants only

Community Exercise Room



Month of January- FREE -Strengthening & Conditioning Machines

A modest but effective exercise room for all over the age of 14. Come try it out!

Weights, Dumbbells, Nautilus strength machines, Cardio machines

Open: Monday thru Friday, 8am to noon: Evenings on Monday, Wednesday & Friday, 3:30pm to 7:30pm,
Saturday, 9am to noon

FREE Children's Safety & Self-Defense Program

January 30th 6:00pm to 7:00pm: Boys & Girls ages 5-12

Awareness about strangers: Role playing examples of how to avoid danger along with escape techniques.
One parent/guardian must attend class with child.



FAMILY FUN BINGO NIGHT



A free program the first Wednesday of each month at 7pm. Come join the fun!

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