

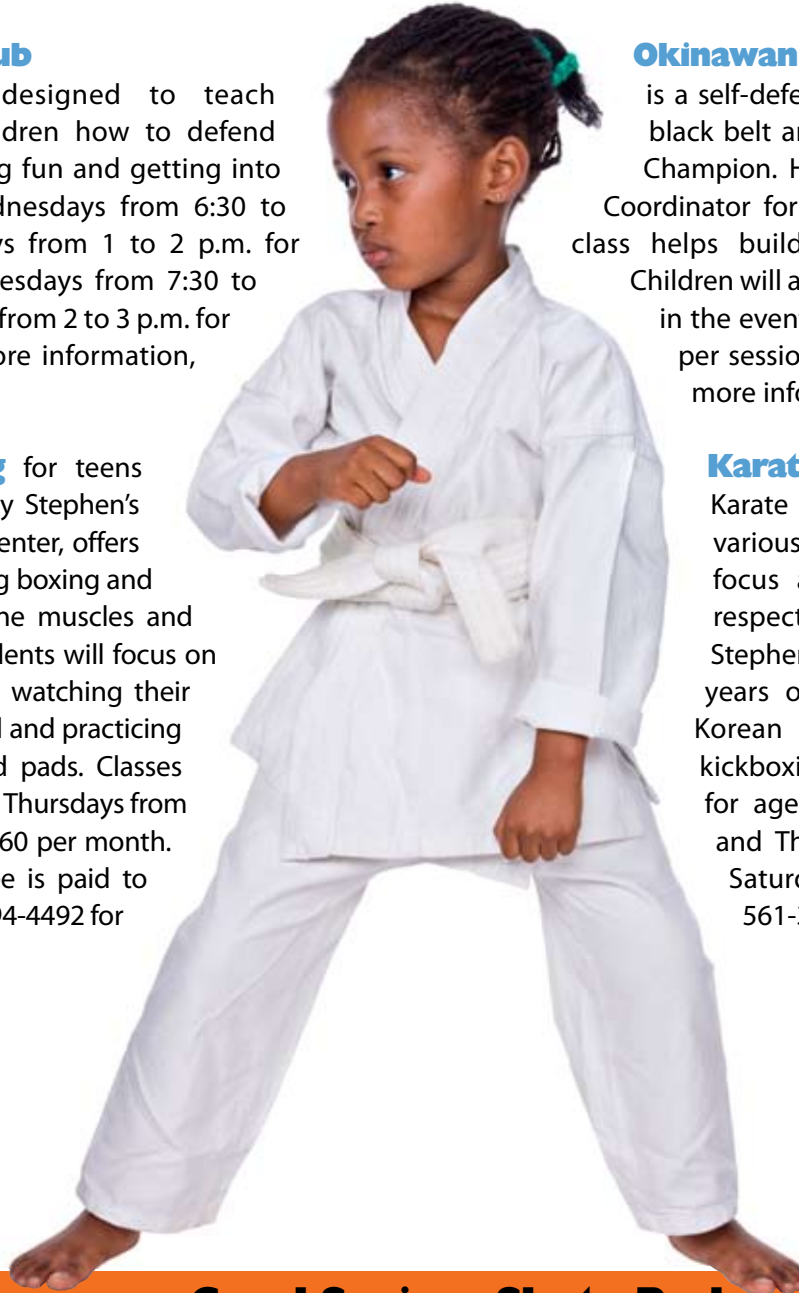
Karate and Self Defense

Year-round programs at the Coral Springs Gymnasium

Goju Karate Club

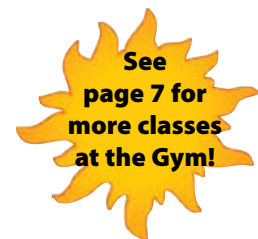
This program is designed to teach men, women, and children how to defend themselves while having fun and getting into shape. Classes are Wednesdays from 6:30 to 7:30 p.m. and Saturdays from 1 to 2 p.m. for children 6 to 12; Wednesdays from 7:30 to 8:30 p.m. and Saturdays from 2 to 3 p.m. for ages 13 and up. For more information, call 954-345-2200.

Cardio-Kickboxing for teens and adults, sponsored by Stephen's Karate and Kickboxing Center, offers an aerobic workout, using boxing and karate techniques to tone muscles and increase endurance. Students will focus on form and techniques by watching their moves on a mirrored wall and practicing in pairs with gloves and pads. Classes are held on Tuesdays and Thursdays from 7 to 7:45 p.m. and cost \$60 per month. A separate \$30 glove fee is paid to the instructor. Call 561-394-4492 for more information.



Okinawan Karate, with Renshi Scott Ashley, is a self-defense class. Scott has a sixth degree black belt and was a former World Kickboxing Champion. He is the current Defensive Tactics Coordinator for the Broward Sheriff's Office. This class helps build confidence and self-discipline. Children will also learn how to defend themselves in the event they are attacked. Classes are \$49 per session. Call 954-345-2200 for times and more information.

Karate for Children, with Stephen's Karate and Kickboxing Center, combines various martial arts techniques to cultivate focus and concentration, sincerity and respect, and self-control and etiquette. Stephen, a black belt with more than 20 years of teaching experience, combines Korean Tae Kwon Do techniques with kickboxing, boxing and Jiu-Jitsu. Classes for ages 4 and up are offered Tuesdays and Thursdays from 5 to 5:45 p.m. and Saturdays from 11 to 11:45 a.m. Call 561-394-4492 for more information.



Coral Springs Skate Park

The Coral Springs Skate Park is located adjacent to the Slide 'N Glide playground at Betti Stradling Park, on the northeast corner of Wiles Road and Coral Springs Drive. Rollerbladers and skateboarders use the park to practice their skills on the various ramps, dips and bowls. Contests and professional demonstrations take place on occasion. There are bleachers at the park for spectators and parents to watch the skaters and bladers.

The hours of operation at the Coral Springs Skate Park vary by season. Typical hours for the school year are Monday

through Friday from 3 to 9 p.m., Saturday from 10 a.m. to 10 p.m., and on Sunday from noon to 9 p.m. Additional hours may be available during the summer.

The park is available in three-hour sessions. The yearly membership fee for residents is \$40, which includes insurance. The daily fee is \$3 per session for members, and \$7 per session for non-members. Members can purchase a 10-session pass for \$25. To become a skate club member, non-residents must have a Coral Springs non-resident card which is \$155 per fiscal year per family, plus the \$40 membership fee.