

Leu Civic Center, Inc.

A United Way Agency

213 N. Market Street

Mascouh, IL 62258

(618) 566-2175

www.leuciviccenter.org

Karate Classes

Nihon RYU Goshin-Jutsu “ School of Modern Self Defense”

Karate is perfect for children ages 7 and up to help improve self-confidence, discipline, coordination, strength, flexibility, weight loss, and overall sport performance. Ideal for adults to lose weight, relieve stress and learn self-defense.

Instructor: Steven “JD” Hill

A Certified Black Belt with 30 plus years experience

When: Monday, Wednesday and Friday

5:00-7:00 PM

New Classes Start Each Month

Ages 7- adult

Cost: \$30.00 per month (one student)

\$15.00 for each additional family member

(uniform/testing fees are not included, please see instructor)

*After the 7th of each month a \$10.00 late fee will be added, please pre-register

ALL STUDENTS MUST BE LCC MEMBERS

FREE FREE FREE FREE FREE FREE FREE

ONE SESSION FREE

Please return this coupon to receive a FREE session

Name: _____

Phone: _____

A Proud Member of:



United Way
of Greater St. Louis