

# SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

JAPANESE CULTURAL AND COMMUNITY CENTER OF WASHINGTON

TUESDAY		
5:15 – 6 PM	General Class*	Ages 6 – 12
6 – 7 PM	General Class	Teen / Adult
THURSDAY		
5:15 – 6 PM	General Class*	Ages 6 – 12
6 – 7 PM	General Class	Teen Adult

\* Contact Jun Shihan Tom Tanaka for rates and availability

DALE TURNER YMCA, SHORELINE – Martial Arts Room

MONDAY		
5 – 5:45 PM	General Class	Ages 5 – 8
5:45 – 6:30 PM	General Class	Ages 9 – 12
6:30 – 7:30 PM	General Class	Ages teen/adult
WEDNESDAY		
5 – 5:45 PM	General Class	Ages 5 – 8
5:45 – 6:30 PM	General Class	Ages 9 – 12
6:30 – 7:30 PM	General Class	teen/adult

DALE TURNER YMCA, SHORELINE – Continued

SATURDAY		
9:15 – 10 AM	General Class	Ages 5 – 8
10 – 11 AM	General Class	Ages 9 – 12

# SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

NORTHSHORE YMCA – MULTI-PURPOSE ROOM

TUESDAY		
7 – 8 AM	General Class	Adult
4:45 – 5:30 PM	General Class	Junior (ages 5 - 8)
5:25 – 6:15 PM	General Class	Youth (ages 9 - 12)
6:25 – 7:15 PM	General Class	Teen / Adult
FRIDAY		
7 – 8 AM	General Class	Adult
8 – 8:30 AM	Kumite	Adult
4:45 – 5:30 PM	General Class	Junior (ages 5 - 8)
5:25 – 6:15 PM	General Class	Youth (ages 9 - 12)
6:25 – 7:15 PM	General Class	Teen / Adult