

## SHOTOKAN KARATE

### Pee Wee

4 - 6 years  
Becky Hesser



### Pee Wee I

Wednesday 4:00 - 4:45

### Pee Wee II

Monday 4:00 - 5:00

### Beg. Youth Karate

6 - 12 years  
Lynette Nakazawa  
Tony Nakazawa  
Janet Hagensieker



Mon/Wed/Fri 6:15—7:00

### Inter. Youth Karate

6- 12 years  
Becky Hesser  
Lynette Nakazawa



Mon/Wed/Fri 5:00—6:00

### Beg. Teen/Adult Karate

12- Adult  
Andy Rembert  
Mon/Wed/Fri 6:00—7:00



## SHOTOKAN KARATE

### Inter/Adv Karate

12 - Adult  
Tony Nakazawa  
Catherine Pinch



Mon/Wed/Fri 7:00—8:00

### Saturday Adv Karate

2nd, 4th and 5th Saturdays in Eagle River  
1st, 3rd at Boys and Girls Club -Spenard  
9:00 - 10:30 a.m.

### Self-Defense / Women's Karate

Teens-adult  
Becky Hesser  
Thursday 1:00- 2:00  
Childcare available



### Special Needs Karate

Teens—Adults  
Becky Hesser  
Thursday 6:30—7:20



## TAI CHI / KUNG FU

Aaron Roberts  
Saturday 10:45-12:15  
Teens-Adults



## SEIBUKAN JUJUTSU

Jason Cabiness  
7- 12 years  
Tue / Thurs 5:40—6:25



Teens / Adults  
Tue / Thurs 6:30 - 7:30

Advanced Tue 7:30 - 8:30

## AEROBIC KICKBOXING

Teens-Adults  
Becky Hesser  
Mon/Wed/Fri  
9:15-10:30



Childcare available

## RADKIDS

Becky Hesser  
David Horst



3 1/2 - 5 years  
\*Saturday 3:30 - 4:30

5- 7 years  
\*Saturdays 3:30 - 5:00

8 -12 years  
\*Saturday 3:30 5:30  
\*classes are taught in 6 week sessions

## KINDERMUSIK

Trena Whisnant



### Village

Newborn—18 months  
Tuesday 9:30—10:30

### Family Time

Newborn—7 years  
Saturday 12:30—1:30

### Our Time

18 months—3 years  
Monday 1:30- 2:30  
Tuesday 10:30 -11:30

### Imagine That

3—5 years  
Friday 1:30 -2:30

For more info or to register go to:

[www.trenalee.kindermusik.net](http://www.trenalee.kindermusik.net)

694-8915  
10901 Mausel Street  
Next to Eagle Academy Charter school  
[www.AlaskaMovingArtsCenter.org](http://www.AlaskaMovingArtsCenter.org)

## PRE-BALLET

3- 5 years  
Amy Lindsey



### Pre-Ballet I

Monday 1:30 - 2:15  
Tuesday 10:30 - 11:15  
Saturday 9:30 - 10:15

### Pre-Ballet II

Monday 2:15— 3:00  
Tuesday 11:30—12:15  
Saturday 10:15—11:00

### Pre-Ballet III

Monday 4:15 - 5:15

## BALLET / JAZZ

Starting age 6  
Amy Lindsey



### Ballet/Jazz I

Thursday 4:15— 5:15  
Saturday 11:15 -12:15

### Ballet/Jazz II

Thursday 5:15—6:15  
Saturday 12:15— 1:15

### Ballet/Jazz III

Tuesday 4:15-5:15

### Ballet/Jazz IV

Tuesday 5:15-6:15

## CONTEMPORARY DANCE/ DRILL

6 - 18 years  
Stephanie Wonchala



### Dance / Drill I

6 -11 years  
Saturday 1:30 - 2:30

### Dance/Drill II

12-18 years  
Saturday 12:30 - 1:30

## PERFORMANCE COMPANY

Instructor's permission  
Amy Lindsey



Friday 4:15 - 5:45

## BALLROOM DANCE

Teens and Adults  
Tammie Press



Thursday 7:30 - 8:30

## YOGA

Teens - Adults  
Sonia Hannah



Tuesday 6:30 -7:30

## CREATIVE MOVEMENT AND TUMBLING

3 - 5 years  
Becky Hesser



Monday 12:15 - 1:00  
Wednesday 11:00 - 11:45  
Friday 11:00 - 11:45  
Friday 12:15 - 1:00

## TINY TYKES

18 Months - 3 years  
Parent Participation  
Becky Hesser



Monday 11:00-11:45  
Thursday 11:00-11:45

## FAMILY PLAYGROUP

Mon /Wed/ Fri 9:00 - 10:45  
Thursday 1:30 - 2:30



## BEAR CUBS

2 year olds  
Parent participation  
Becky Hesser  
FOCUS, INC.



Thursday 9:30 -10:45

## RED CROSS CPR / FIRST AID



Alison Horst  
Teens and adults

Call to schedule a class

## INFANT MASSAGE

Alison Horst  
Birth—8 months

Tuesday 12:00 - 1:15  
Saturday 1:45 - 2:45

## BIRTHDAY PARTIES

Saturdays after 2:30  
Sundays after 1:30

Call for availability



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