

CAMAS PARKS AND RECREATION

MARTIAL ARTS OPPORTUNITIES for Youth and Adults

Kung Fu For Kids, Age: 5Y - 12Y

Kung Fu can help teach self control, discipline, patience & respect. It will also improve your muscle coordination, strength & overall health. A free uniform is included in the price of a 3 month registration for each new enrollee.

Call 834-5307 for a FREE class.

Sifu Paco

Fee: \$60/month or \$165/3 months

Tuesdays & Thursdays Ongoing

5:00PM - 5:55PM Class Beginner

6:00PM - 6:55PM Class Advanced



Lil' Dragons, Age: 4Y - 5Y

Lil' Dragon classes are fun and exciting, teaching children that positive energy develops winners. Learn coordination, balance skills, life & safety skills and confidence. Lil' Dragons learn to become confident, peaceful Warriors and winners in life. A free uniform is included in the price of a 3 month registration for each new enrollee.

Sifu Paco

Fee: \$45/month or \$120/3 months

Tuesdays & Thursdays Ongoing

4:30PM - 4:55PM



Kung Fu for Teens & Adults Age: 13+

Kung Fu can help teach self control, discipline, patience & respect. It will also improve your muscle coordination, strength & overall health.

Call 834-5307 for a FREE class.

Sifu Paco

Fee: \$60/month or \$165/3 months

Tuesdays & Thursdays Ongoing

7:00PM - 7:55PM



All classes on this page held at the Camas Community Center, 1718 SE 7th Ave.

Register online at <https://register.cityofcamas.us>

Call Camas Parks & Recreation at 360-834-5307 for more information.