

LEISURE CLASSES

JUDO CLASS

Judo is ancient martial art of unarmed self defense. Judo emphasizes throwing, grappling, and submission techniques. Striking techniques are not used in competition and are only taught to the most advanced judoka. The only equipment required in judo is a uniform called a judo gi. Gi's can be purchased at a martial arts supply store or through the class instructor. Minimum age for these classes is 7 years of age. All classes are held on Monday evenings at Shikles Gymnasium from 6:00 to 7:00 p.m.

Registration deadline 1 week prior to start

Fee: \$21

Late Fee: \$26

Activity #

Date

475692-1
475692-2
275601-1
275601-2

Sept. 14 - Oct. 26
Nov. 2 - Dec. 14
Jan. 4 - Feb. 15
Feb. 22 - Apr. 5



**SEE
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FOR
ART IN THE PARK
INFORMATION!**

CAPITAL CITY SQUARES SQUARE DANCE LESSONS

- Did you know? Square Dancing is the only Folk Dance originating here in the United States of America.
- Did you know? Square Dancing was selected to be known as the "American Folk Dance of the State of Missouri" in 1995.
- Did you know? Square Dancing has been an integral part of the Jefferson City community for more than 50 years. The Capital City Squares are active, friendly and community oriented people who meet on a regular basis to dance and socialize. An evening of dancing can result in walking as much as 5 miles, a fun way to exercise.
- Did you know? The Capital City Squares will offer beginning Square Dance lessons at McClung Park indoor pavilion beginning September 10, 2009 at 7 p.m. These 2 hour lessons will last 14 weeks and be taught by Ray Crowley.



Registration Deadline: September 3

Activity Number

Fee

***Late Fee**

485492-1

\$30 per person

\$35 per person

We look forward to introducing you to the pleasures of this ageless activity. Call (573)896-8775 or (573)480-2457 for more information.

**KEEP UP WITH YOUR
PARKS & RECREATION
DEPARTMENT**

WWW.JEFFCITYMO.ORG/PARKS

SHOW-ME BOOTSCOOTERS BEGINNING DANCE CLASS

Learn the Two Step, Electric Slide, Waltz, Ten Step and the Triple Step. You need not register with a partner. Class meets on Monday for six weeks and is held at McClung Indoor Pavilion from 7-8 p.m.

Registration Deadline: 1 week prior to start

Activity Number

Dates

Fee

***Late Fee**

485491-2

September 21 - October 26

\$18

\$23

385401-1

March 29 - May 3

\$18

\$23

