



# KARATE

**BOYS & GIRLS 3-10 YEARS 1x PER WEEK**

Trish Chauhan is a 2nd Degree Junior Black Belt who is continuing her success in martial arts by training for her 1st Degree Senior Black Belt in Kenpo. Coach Trish specializes in teaching children of all ages and those eager to learn self-defense all while having FUN. Trish uses Martial Arts as the core basis in her teaching young children fundamental life skills such as DISCIPLINE, RESPECT, and COURAGE. Every class starts with COMMITMENT & DEDICATION and ends with FUN!

#### **TINY DRAGONS CLASS 3-4 Years**

Three and four year olds have TONS of energy! Our program allows children to be engaged while also learning to be attentive. Our goal is to encourage discipline, respect, and confidence in a structured and positive environment.

#### **MIGHTY DRAGONS CLASS 5-6 Years**

Our instructors promote creativity, imagination, and problem solving skills in a group setting that carries over to our students school and home life. Our structured Martial Arts program allows children to explore themselves in their four core stages of development: physically, emotionally, socially, and intellectually all while having a blast!

#### **DRAGONS CLASS 7-10 Years**

Students at this age crave strong relationships while becoming more adventurous! Our program emphasizes expression, coordination, strength, determination, and encourages students to challenge themselves within their Martial Arts training.

## CLASS SCHEDULE

**10 WEEK SPRING SESSION: March 1st - May 16th, 2021**

<b>COPPERMINE FIELD HOUSE</b>		<b>1400 COPPERMINE TERRACE BALTIMORE, MD 21209</b>					
<b>CLASSES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TINY DRAGONS CLASS</b> (3-4 Years) 30 Minutes - \$180 for 10 Weeks	5:30pm		5:30pm				
<b>MIGHTY DRAGONS CLASS</b> (5-6 Years) 50 Minutes - \$210 for 10 Weeks		6:00pm		6:00pm			
<b>DRAGONS CLASS</b> (7-10 Years) 50 Minutes - \$210 for 10 Weeks	6:30pm		6:30pm				

**REGISTER TODAY!**

[WWW.GOCOPPERMINE.COM](http://WWW.GOCOPPERMINE.COM)

**Health Guidelines:** Participants and visitors will be pre-screened prior to entry. Select programs and classes will be drop-off only with limited guests. We recommend parents and legal guardians of high-risk participants consult with their child's medical provider to assess their risk and determine if attendance is acceptable. Face coverings, mask protocols and additional individual health precautions will be emailed to registered customers prior to the start of the session. No sick participants or guests may attend. Coppermine will follow all current health guidelines, recommendations and protocols.