



NASSAU COUNTY PAL

FIVE TOWNS UNIT

EAST ROCKAWAY / LYNBROOK / MALVERNE

SHOTOKAN KARATE

2019 Winter Session

Tuesday Class 7-8:30 pm – begins January 8th

Friday Class 7-8:30 pm – begins January 11th

Centre Avenue Elementary School

East Rockaway

Registration fee of \$60 for January through March.

Boys and Girls, Ages 7-18

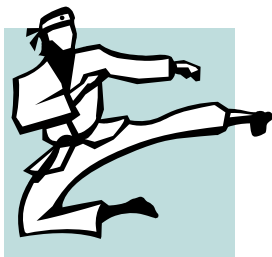
Register at your first class (January 8th and 11th will be a class as well as registration).
Registration remains open for 3 weeks.

Instructors: Sensei Jonathan Gargano and Sensei Andrew Fisher

Students should wear comfortable loose-fitting clothing for first class
(t-shirt or sweatshirt, sweat pants or jogging pants, preferably not shorts).

Checks should be made out to **PAL**.

Self-Defense • Physical Conditioning • Self-Discipline • Character Development



Nassau County Police Activity League
<http://www.nassaucountypal.org>
Five Towns Unit
P.O. Ray Lajara



*****THIS IS NOT A SCHOOL-SPONSORED EVENT*****

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