

Martial Art classes



At Orange County SportsPlex

• Carry Goldbeck, Instructor • cegold4ever@yahoo.com •

classes and times

Starting May 2011

Tiny Tots (age 4-6)

Monday & Wednesday 5-6pm

Lil Sharks (age 7-10)

Monday 6:30-7:30pm

Friday 5-6pm

Tiger Sharks (age 11 & up)

Wednesday 6-7pm

Friday 5-6pm

Competition Team

(Instructor approval needed)

Friday 6-7pm

Instructor: Carrie has been training in various forms of martial arts for 16 years and has been teaching since 1996. She holds a 2nd degree and two 1st degree black belts and has been competing nationally for 16 years. She has extensive experience teaching children the benefits of focus and self-control.

Location: Orange County SportsPlex
101 Meadowland Drive
Hillsborough, NC 27278
919-644-0339
www.trianglesportsplex.com

Cost: \$65/month for members
\$75/month for non-members

Please use registration form on the back and pay at the SportsPlex Front Desk.