

CLAUDIO'S MARTIAL ARTS BEGINNING • Youth, Under 11

This course is an introduction to martial arts and exercise for children. This class teaches focus, movement, coordination, exercise, and basic martial arts skills. We stress proper technique and form through repetition. Each student is evaluated based on their attendance, participation, focus, improvement, and meeting minimum requirements. For more information call the Foley Cultural Center at 648-4630. Instructors: Sensei Angelito Claudio & Sifu Loana Rapacon-Claudio

Cost: \$40/month resident, 2nd family member \$30/month \$48/month nonresident, 2nd family member \$36/month

Feb 2-25, Mar 2-30, Apr 1-29, May 4-27.

Tuesday & Thursday 5:30-6:30pm

CLAUDIO'S MARTIAL ARTS INTERMEDIATE

• Youth/Teens/Adults, Ages 11+

This is an integrated class of youth, teens, and adults of all levels. This class focuses on self discipline, intense physical training, effective self defense techniques, competition sparring and forms. Students will learn the balance between the mind, body, and spirit through a solid martial arts foundation. Students will need to meet mental, physical, and spiritual standards. For more information call the Foley Cultural Center at 648-4630. Instructors: Sensei Angelito Claudio & Sifu Loana Rapacon-Claudio

Cost: \$40/month resident, 2nd family member \$30/month \$48/month nonresident, 2nd family member \$36/month

Feb 2-25, Mar 2-30, Apr 1-29, May 4-27.

Tuesday & Thursday 6:30-8:00 pm

CHINESE EAGLE CLAW KUNG FU • Ages 7 & up ▲

Known for its grappling techniques, Chinese Eagle Claw Kung Fu is part of the Northern Shaolin System. Master Gini Lau, 8th generation, teaches the fundamentals of punching, kicking, footwork and self-defense. The class focuses on discipline, self confidence and respect. For more information contact the Foley Cultural Center at 648-4630. Instructor: Gini Lau

Cost: \$30/month resident, \$36/month nonresident

Drop-In: \$10/class resident, \$12/class nonresident

Feb 1-22, Mar 1-29, Apr 5-26, May 3-31. Monday, 7:00-9:00 pm

FREE! BLACK DRAGON KENPO • Ages 6 & up ▲

Black Dragon Kenpo combines modern practical self-defense tactics with physical fitness and mental discipline of traditional martial arts. Parents are encouraged to join. Prerequisite: Must observe the class and speak to an instructor before enrolling. For more information contact the Vallejo Community Center at 648-4640. Instructor: Jerry Bull & Jay Leon Guerrero

Beginner: February 4-May 27, Thursday, 7:00-9:45 pm

Advanced: February 1-May 31, Monday, 7:45-9:15 pm

JUDO BEGINNER • Ages 6 & up ▲



Class includes exercises for agility, coordination, balance, physical and mental toughness. Disciplines in respect, sportsmanship and camaraderie. Falling techniques (ukemi), throwing techniques (nage waza), grappling techniques (gatame waza) for competition and self-defense. Belt rank testing is available. Judogis can be purchased through the Sensei/Coach Mickey Davenport. For more information call the North Vallejo Community Center at 648-4650.

Cost: \$25/month resident, 2nd family member \$15/month \$30/month nonresident, 2nd family member \$18/month

Feb 2-25, Mar 2-25, Apr 6-29, May 4-27

Tuesday & Thursday, 7:00-7:45 pm

JUDO, YOUTH & ADULT • Ages 7 & up ▲

Class includes exercises for agility, coordination, balance, physical conditioning, physical and mental toughness. Disciplines in respect, sportsmanship, camaraderie and commitment. Training includes falling techniques (ukemi), throwing techniques (nage waza), arm bars and arm locks (kansetsu waza), plus preparation for competition and self-defense. Belt ranking testing available. Judogis available through the Sensei/Coach Mickey Davenport. For more information call the North Vallejo Community Center at 648-4650.

Cost: \$35/month resident, 2nd family member \$25/month \$42/month nonresident, 2nd family member \$30/month

Feb 2-25, Mar 2-25, Apr 6-29, May 4-27.

Tuesday & Thursday, 7:30-8:45 pm

GONE FISHING!
9TH ANNUAL CATCH & RELEASE
FISHING DERBY

Sunday, April 18 • 7am to 11am
Prizes & Raffle 11:30am
Dan Foley Park boat ramp

Details

Ages 5-15. Focus is for the awareness of a recreational activity that can be family orientated and last a life time. Pre-registration is encouraged at our Main Office, 395 Amador Street or online at www.gvrd.org. Last minute registration may be done at 7am on April 18 at the Dan Foley Park boat ramp. All children **MUST** be accompanied by an adult. Must be present to win contests and prizes. Bring your own pole and bait, loaner poles are limited. For more information contact Anthony Kenaston at 648-4483 or akenaston@gvrd.org



VENZON MARTIAL ARTS

TAE KWON DO & KICKBOXING ▲

Beginning/Advanced – Ages 5 & up

Tae Kwon Do is a Korean Martial Art and since the year 2000 has been an official Olympic sport with an emphasis on kicking. Kickboxing refers to the sport of using martial arts style kicks along with western style boxing. Students will learn the beauty of martial arts for competition and self-defense, develop self-discipline, self-confidence and improve fitness. For more information contact the North Vallejo Community Center at 648-4650. Instructor: Albert Venzon.

Cost: \$30/month resident, 2nd family member \$20/month

\$36/month nonresident, 2nd family member \$24/month

Lab fee: \$20 for belt testing if applicable

Feb 3-24, Mar 3-24, Apr 7-28, May 5-26. Wed, 6:00-7:45 pm

AUTHENTIC HOKUSHIN SHITO RYU JAPAN

KARATE-DO • Ages 6 & up ▲

Builds self-esteem and confidence, improves fitness, endurance, and flexibility. Appropriate instruction for all ages, levels and abilities. Challenges each student while reducing stress and having fun. Emphasis is on respect and ethics. This class introduces karate by teaching basic techniques and exposing students to Japanese language. Meets at the Vallejo Community Center, 225 Amador St. For information contact the center at 648-4640. Instructor: Raoul "Sensei" Flaviano

Cost: \$25/month resident, \$30/month nonresident

Feb 1-22, Mar 1-29, Apr 5-26, May 3-31.

Monday, 6:00-7:30 pm



RAPACON'S MARTIAL ARTS – Ages 4 & up ▲

Rapacon's Martial Arts combines physical, mental and spiritual techniques to develop self confidence in our students. Combining the origins from the five arts of Kajukenbo and the evolutionary elements from the arts of wrestling, grappling and boxing-Rapacon's strives to separate itself as the extreme self defense. Meets twice weekly at the Norman C. King South Vallejo Community Center. For more information contact the center at 648-4620. Instructor: Chris Rapacon & Blackbelt staff.

Cost: \$40/month resident, 2nd family member \$30/month

\$48/month nonresident, 2nd family member \$36/month

Feb 1-24, Mar 1-24, Apr 5-28, May 3-26.

Monday & Wednesday, 6:00-7:00 pm

HAPPY FOURTH BIRTHDAY WARDLAW DOG PARK!



All dogs are invited to bring their owners to the Fourth Wardlaw Dog Park Birthday Party

Saturday, May 8

Festivities 10:30am to 12:30pm
Benicia-Vallejo Humane Society
Microchip Clinic

Wardlaw Dog Park is located at 1805 Ascot Pkwy, east of Redwood Park and across from Jesse Bethel High School.

For more information, contact Michelle Coraliotti at 648-5317 or mcoragliotti@gvrd.org

Bark for Life Dog Walk for "Relay for Life"



Sunday, June 13

Visit the information table at the Wardlaw Dog Park Birthday Party or call Donna at 557-6310 for more information.