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Greensboro, NC 27405
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*Nationally-accredited,
and three-time winner of the
National Gold Medal Award
for Excellence in Leisure Services!*

DATE SUBMITTED: August 6, 2008

PROGRAM CONTACT: Ben Boven, Bur-Mil Park Program Coordinator

TELEPHONE: (336) 373-3819

NAME OF PROGRAM: **Mike Carr Karate Classes**

DATE: Thursdays, starting September 11, 2008

TIME: 7:00 – 8:15 pm

FEE: \$40.00, per month

LOCATION: Bur-Mil Clubhouse, Bur-Mil Park

ADDRESS: 5834 Bur-Mil Club Road, Greensboro, NC

DESCRIPTION: Mike Carr Karate classes are safe, effective and fun! Children, ages 4-18, learn effective techniques to handle bullies, stranger danger, respect for parents and teachers and self-control. Students are rewarded and taught short-term and long-term goals through a belt ranking system. During the classes, there are no belt fees, mandatory tournaments, travel, weekend commitments, or additional expenses, other than the uniform. Karate classes consist of one 45-minute class, per week. “Mom Safe” and “Daughter Safe” self-defense classes are also available.

For more information, call Bur-Mil Park at **(336) 373-3819**.

