



# GLOW IN THE DARK CLASSES

WITH SENSEI JOHN & SENSEI NAT

Join us at Umina Dojo for a week of Glow in the dark fun.  
Classes will be held on Monday and Wednesday. Don't miss out!

**CLASS 1:**

**MONDAY 6.00 - 7.30PM**

**CLASS 2 & 3:**

**WEDNESDAY 5.30 - 6.30PM & 6.45 - 7.40PM**

**MONDAY 8 JULY & WEDNESDAY 10 JULY 2019**

**Umina Beach Public School  
Sydney Ave, Umina Beach**

Cost: Direct Debit & Training Passes apply ▪ All grades welcome  
Don't forget to bring Glow items to wear



**GKR KARATE**  
KARATE FOR EVERYONE