



Meridian Police Activities League

KARATE REGISTRATION

Meridian PAL is offering an affordable introductory karate program for kids ages 2 thru 12!

Kids will learn more than just self-defense! They will learn:

- The importance of Self-Confidence & Self-Esteem
- Tools to help them make the right choices.
- Persistence to carry through life's challenges.
- Safe & Fun Environment!

PAL kids can attend 2 sessions at the introductory price of \$59.00 per session (includes uniform).

CLASS SIZE IS LIMITED – FIRST COME, FIRST SERVED!

For More Info:

PAL at 888-6030

Register Now At:

PAL Office
250 N. Baltic Pl. Ste. A
Meridian Idaho

PAL Office Hours:

Monday – Thursday
11 am to 6 pm

Visit us at:

www.meridianpal.org

Registration:

Fall 2007 Session:

Nov. 5th thru
Dec. 7th, 2007

Winter 2008 Session:

Jan. 14th thru
Feb. 15th, 2008

5-week session, participants
may attend 2 classes per week.

Cost:

**\$59.00 per session
(includes uniform)**

**Birth certificate is required
at time of registration.**

**Class days/times
listed on back of flyer!**

CLASS TIMES

Mommy and Me: Ages 2 and 3

Meridian

Monday: 9:30 am

Wednesday: 9:30 am

Tiny Tigers: Ages 4 thru 6

Meridian

Kuna

Middleton

Monday: 10:00 am 4:00 pm
4:30 pm

Tuesday: 9:30 am
5:15 pm

Wednesday: 10:00 am
5:15 pm

Thursday: 5:45 pm 9:30 am 5:45 pm
4:45 pm

Friday: 5:00 pm 4:00 pm

Juniors: Ages 7 thru 12

Meridian

Kuna

Middleton

Monday: 5:00 pm 4:30 pm 5:30 pm

Tuesday: 6:00 pm 5:45 pm

Wednesday: 6:15 pm 5:30 pm

Thursday 4:30 pm

Friday: 5:30 pm 4:30 pm

Participants May Attend 2 Classes Per Week!