

FAMILY

KARATE

Participants learn practical skills for self-defense from an array of arts (Karate, Aikido, Judo, Jujitsu, and Laido.) Each class begins with stretching and warm-ups and then may include drills, kata, sparring, grappling, and general self-defense.

Instructor: Jason Smiley, Hilliard School of Martial Arts, LLC

Location: Community Center Gym

Ages: 10 and older

Cost: R \$75 | NR \$90

Duration: 7 sessions

Activity No.	Date	Time	Day(s)
2571400 01	June 5-July 24*	6-8 p.m.	Wed
3571400 01	July 31-Sept. 18**	6-8 p.m.	Wed

Cost: R \$50 | NR \$60

Duration: 4 sessions

Activity No.	Date	Time	Day(s)
2571400 02	June 26-July 24*	6-8 p.m.	Wed
3571400 02	Aug. 21-Sept. 18**	6-8 p.m.	Wed

*No class July 3

**No class Sept 4

SUMMER SOLSTICE SUNRISE

Celebrate the longest day of the year with family yoga at the labyrinth in Merchant Park during sunrise. After class, enjoy coffee, juice, and muffins. Bring a yoga mat and water.

Instructor: Rec Staff

Location: Labyrinth at Merchant Park

Cost: Free

Ages: All ages

Activity No.	Date	Time	Day(s)
3271205 01	June 20	7-7:45 a.m.	Th

MAKE A DIFFERENCE

NEIGHBORS HELPING NEIGHBORS



FRIDAY, MAY 3 9 A.M. - NOON

Partner with us as we host Neighbors Helping Neighbors Community Cleanup day for senior residents on Friday, May 3. The deadline to request cleanup work is Thursday, April 18. Residents interested in volunteering should contact parks2@hilliardohio.gov.

To request that a property be considered for the Neighbors Helping Neighbors event, call the Senior Center at **614-876-0747**.

Your Hilliard | hilliardohio.gov