

# LEARN CAPOEIRA!

**At the Ocean Air Recreation Center**



Capoeira is a Brazilian martial art that combines combat, dance, music and culture. Capoeira is a form of self-defense that helps instill self-confidence by challenging you to learn unique movements in a positive environment.

**Children's Classes (ages 5 through 12)**

**Saturdays 12:30-1:15pm**

**12-week Session begins January 7th and runs through March 24th**

**Cost \$100**

**Instructor Salim Otero brings over 14 years of experience training and teaching Capoeira**



**Register at Ocean Air Recreation  
Center  
4770 Fairport Way  
San Diego, CA 92130  
(858) 552-1687**

