

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**

