

Buckwalter Recreation Center  
843-255-6710  
Monday – Friday: 8am – 8pm  
Saturday – Sunday: 8am – 4pm



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**NEW**



# Palmetto Karate

## Buckwalter Rec Center

### Kids & Adult Classes



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Confidence. Focus. Discipline. For Ages 8+

It's not about flash or fighting—it's about learning how to move with purpose, build confidence, and develop discipline that carries into everyday life at school, work, and home. Taught by Kimberly and Jeffrey Weber, both 7th-degree black belts and certified instructors with decades of experience teaching students of all abilities, the classes offer a respectful environment where students can grow at their own pace—without pressure, gimmicks, or shortcuts. Their Shotokan Karate is practiced worldwide and follows a standardized system, meaning students will learn a respected martial art that has consistency and credibility. Palmetto Karate focuses on this time-tested approach because it has worked for generations.. students learn strong stances, precise techniques, and controlled breathing—all taught through a clear, structured progression. No prior martial arts experience is required. Classes are welcoming, supportive, and designed to meet students where they are.

**For Kids Ages 8-14 | | 5:30PM - 6:15PM | Mondays & Wednesdays**

**For Adults Ages 15 & Up | | 6:15PM - 7:45PM, Mondays & Wednesdays**

Adult Aerobics • Adult Baseball • Adult Dance Classes • Adult Fitness Classes • Adult Soccer • Adult Basketball  
Adult Softball • Adult Water Aerobics • Adult Volleyball • Adult Kickball • Adult Swim Lessons • Adult Yoga Classes • DIY Workshops  
Adult Tennis Lessons • American Red Cross Lifeguard, CPR & First Aid, Water Safety Instructor Classes • Scuba Certification  
Weight Rooms • Room Rentals • Field, Court, Facility, Playground, and Pool Rentals • Indoor & Outdoor Basketball Courts  
Tennis Courts • Pickleball Courts • Youth Basketball • Youth Baseball • Youth Softball • Youth Flag Football • Youth Lacrosse  
Youth Soccer • **Youth Martial Arts** • Youth Cheerleading • Youth Tennis Lessons • Youth Summer Camps • Special Events  
**Adult Martial Arts** • **Community Instructor Opportunities** • Walking Paths and Tracks • Dog Parks • Skate Park  
Referee & Official Training Opportunities • Slip & Splash Inflatable Obstacle Courses • Ninja Courses • Swim Teams  
Indoor & Outdoor Pools • 60 & Better Senior Programs • Volunteer Coaching Opportunities • Employment Opportunities