

A STRONGER MIND & BODY



YOUTH MARTIAL ARTS

Focus on growing strength, flexibility, self-confidence, concentration, and self-awareness with our Martial Arts Program! Whether this is your 1st time or you are a veteran, we give youth a chance to learn a form of self-defense, philosophy, and improve physical fitness.

Come increase your skills and develop proper technique on individualized goal progressions! Let our qualified instructors work with you towards becoming the best you can be! We emphasize on reflex development, hand-eye coordination, balance, and a sense of wellbeing.



CLASSES:

Instructor: Josh Tullis
Thursdays: 5:30pm or 6:30pm
Ages 7 & above

Instructor: Evan Motsinger
Saturdays: 10:30am
Ages 5 & above

PRICING PER SESSION:

\$25– YMCA Members
\$40– Non-members

*Financial Assistance is available for all, apply @ front desk
Each class is limited to 8 children per class. First come, first served.

CALENDAR OF SESSIONS:

Session 1: Jan 7th–Feb 13th

Session 2: Feb 25th–April 10th (no classes week of 3/22)

Session 3: April 22nd–May 29th

Session 4: June 10th–July 17th (no Sat. class on 7/3, makeup 7/24)

Session 5: July 29th–Sept 2nd (no Sat. class on 9/4, makeup 9/11)

Session 6: Sept 16th–Oct 30th (no classes week of Fall Break)

Session 7: Nov 11th–Dec 18th (no classes week of 11/22)

(Sat. classes will do 2 hrs. on 12/28 instead of class on 12/25)