

YHEALTH & WELL-BEING™

YOUTH SELF-DEFENSE KARATE CLASSES

OPEN TO BOYS AND GIRLS AGE 5-13



This Class Promotes:

- Safety Awareness
- Physical Fitness
- Respect
- Self Discipline
- Self Confidence
- Goal Setting

AND LOTS OF FUN!

This youth course is designed for SELF-DEFENSE purposes emphasizing SAFETY AWARENESS. Self discipline rather than aggressiveness is promoted. A certified Black Belt will instruct various basic Karate, Self-Defense & Forms. Physical contact is NOT allowed in beginner classes.



When: 11-week session, September 29-December 8

Tuesday Evenings:

5:45 - 6:30p.m. for beginner students

6:45 - 7:30p.m. for advanced class/returning students ONLY

Where: Monroe/Sky Valley Family YMCA Gym

Fees: \$45 for Members and \$100 for Program Members.

Quality karate uniform is suggested (not required, but available at class).

Students with perfect attendance will receive a participation certificate and karate medal.

Registration begins: September 8 for members
September 14 for non YMCA members

Maximum of 25 participants.

For more information please contact Tania Price, Health and Wellness Coordinator at 360.804.2162

School District Distribution Disclaimer

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Financial Assistance

The YMCA of Snohomish County makes every reasonable effort to ensure that no person, especially youth, will be denied access to programs and membership because of financial hardship. The YMCA's Financial Assistance Program is supported by contributions to our annual Invest in Youth campaign and United Way. During 2008 approximately \$2,171,396 was provided in direct financial assistance to 7,002 individuals.



Monroe/ Sky Valley Family YMCA
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Our Mission

The YMCA of Snohomish County is composed of people of all ages, ethnic backgrounds and religious affiliations united in sharing the values of caring, honesty, respect and responsibility through programs that build strong kids, strong families and strong communities.

