

YHEALTH & FITNESS™

YOUTH SELF-DEFENSE KARATE CLASSES

OPEN TO BOYS AND GIRLS AGES 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: Tuesday Evenings at 5:10-6:00pm beginner students, 6:10-7:00pm advanced students

Where: Monroe/ Sky Valley YMCA Exercise room 3

Price: \$35 for YMCA Members \$90 for Program Participants. Please show YMCA membership card for discount. Quality karate uniform is suggested (not required, but available at class). Students with perfect attendance will receive a Martial Arts Medal.

11 week session runs September 9th - November 18th. Registration starts August 29th and ends September 30th. Maximum of 25 participants. Please indicate on back which session you would like your child to enroll in.

For more information go to: www.YMCAKarate.com or

Beth Greaves, Health and Wellness Director at 360-804-2162

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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 2006 approximately \$1,496,815 was provided in direct financial assistance to 4,737 individuals.



Monroe/ Sky Valley 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.