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DISCIPLINE IS GOOD FOR YOU

MARTIAL ARTS CLASSES

NEENAH–MENASHA YMCA

MARTIAL ARTS BEGINNER (AGES 7 YEARS-ADULT)

This is the introductory class for individuals and families who wish to start a martial arts training program. The participants will learn the basic skills required in Karate, Tae Kwon Do and Ju-jitsu that are fundamental to all future skill development. When a participant is able to pass a skills test for their first advancement level, they will move on to the next class.

MARTIAL ARTS ADVANCED (AGES 7 YEARS-ADULT)

This advanced class is also for individuals and families. The participants will learn advanced skills in Karate, Tae Kwon Do and Jujitsu that are required to reach the Black Belt Level. Participants must test out of the Beginner Class to participate. Any participants with prior martial arts training who wants to test out of the Beginner class must contact the instructor (920-809-8808) for a skills evaluation.

Winter 1 Session: January 7 – February 24, 2019

REGISTRATION DATES: Members: Monday, December 10, 2018 General Public: Thursday, December 20, 2018

Winter 2 Session: February 25 - April 14, 2019

REGISTRATION DATES Members: Monday, February 18, 2019 General Public: Thursday, February 21, 2019

Martial Arts Individual Beginner	MW	5:45 – 6:30 PM	Y-Member \$64	Gen Public \$89
Martial Arts Family Beginner	MW	5:45 – 6:30 PM	Y-Member \$94	Gen Public \$119
Martial Arts Individual Advanced	MW	5:45 – 7:15 PM	Y-Member \$98	Gen Public \$148
Martial Arts Family Advanced	MW	5:45 – 7:15 PM	Y-Member \$128	Gen Public \$178

Family pricing includes 3 people (one parent and 2 children or 2 parents and 1 child).
Additional 4th person is \$20.

Contacts:

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