

YHEALTH & FITNESS™

YOUTH SELF-DEFENSE KARATE CLASSES

OPEN TO BOYS AND GIRLS AGES 6 -16

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.



Lil' Dragons Karate at South East Family YMCA: Ages 4 to 6

When: Tuesdays: September 15th - December 16th. **Times:** 4:00 – 4:45 & 5:00 - 5:45 pm.

Everett at Gateway Middle School: Youth Karate: Ages 7 - 16

15404 Silver Firs Dr, Everett, WA 98208 in the **Commons**.

When: Wednesdays, September 30th - December 16th.

The 1st night ONLY will be a 6:30 - 7:30 pm orientation class. Students will be divided into skill level groups. The following weeks beginners will meet at 5:45 pm and intermediate at 6:40 pm.

All returning students will meet at 7:45 pm the first night.

COST: \$39 for YMCA Members for Youth Karate and \$35 for Lil' Dragons/ \$90 for Program Participants.

A quality karate uniform is suggested (not required). There will be regular testing at the end the session. A special parent demo and awards will be presented at the last class.

Registration: Online at: reg.ymca-snoco.org/fol.exe or at the South East Family YMCA.

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

Terry Huffer, Health and Wellness Coordinator at 425-337-0123

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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.



Southeast Family YMCA

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www.ymca-snoco.org

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.