

YHEALTH & FITNESS™

LIL' DRAGONS SELF-DEFENSE KARATE CLASSES

OPEN TO BOYS AND GIRLS AGES 4 - 6

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.

AT 2 LOCATIONS MUKILTEO AND SOUTHEAST YMCAS!

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

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

Thursdays: September 17 – December 17th. **Times:** 4:00 - 4:45 pm & 5:00 - 5:45 pm.

Registration at the Mukilteo YMCA - Cora Munson, Health and Wellness Coordinator at 425-493-2436

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.

Registration at the Southeast YMCA - Terry Huffer, Health and Wellness Coordinator at 425-337-0123

COST: \$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.

For more information go to: www.YMCAKarate.com

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
Mukilteo Family YMCA**

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.