



Karate

The Oneida YMCA will continue a karate program through the winter months. Karate is a co-ed sports program for boys and girls ages 4-11 years old and 12 years of age and up. This will be a 7 week class which helps people develop fundamental skills and incorporates teamwork through instructional play and is instructed as a beginner's level and advanced beginner's level. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility.

Please note, any use of Karate outside of the facility will NOT be tolerated.

Registration Deadline: January 3rd

WHEN: Fridays and Sundays

January 5th - February 18th

Beginner's Class- Sunday, January 7th

Ages 4-11: 10:00-11:00 AM

Ages 12- Up: 11:15- 12:15 AM

Intermediate Class: Friday January 5th

Ages 4-11: 6:00 - 7:00 PM

Ages 12: Up- 7:15- 8:15 PM

WHERE: Oneida YMCA Gymnasium/Multi-Purpose Room

COST: Members - \$60.00 per person

Non-Members- \$100.00 per person

Instructor: Collin Meehan - 2nd Degree Black belt, 11 Years of experience

You can register anytime at the front desk or by logging onto <http://www.ymcatrivalley.org/>

