



Karate

The Oneida YMCA will continue a karate program through the winter and into the spring weather. Karate is a co-ed sports program for youth boys and girls in kindergarten through 5th grade. 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 into an 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.

Kindergarten—5th Grade

WHEN: Fridays, March 9th– April 20th

Time: 6 - 7 PM

WHERE: Oneida YMCA Gymnasium/Multi-Purpose Room

COST: Members - \$50.00 per person

Non-Members- \$90.00 per person

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

Oneida Family YMCA
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ymcatrivalley.org

