



MARTIAL ARTS

YOUTH & ADULT CLASSES



The Oneida YMCA members have shown an overwhelming interest in a karate program. 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 5 week class which helps people develop fundamental skills and incorporates teamwork through instructional play and is instructed as a beginner's level for the first session. 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: November 16th

WHEN: Sundays, November 19th - December 17th

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

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

WHERE: Oneida YMCA Gymnasium/Multi-Purpose Room

COST: Members - \$50.00 per person

Non-Members- \$95.00 per person

Instructor: Collin Meehan - 2nd Degree Black belt, 10 Years of experience

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

