



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. The practice of martial arts promotes cardiovascular development, strength training, flexibility improvement and mobility enhancement. In the course of a single martial arts training session of 60 minutes, a person can engage in exercises that incorporate cardiovascular capacity improvement and strength development, along with better flexibility and joint mobility.



Early Bird Special: \$ 10 off registration on or before November 27, 2021.

Cannot be combined with scholarship or sibling discount

Promo Code: WINTER22

Session Dates / Times:

7 week session

January 3—February 20, 2022

Martial Arts Basics: Tuesdays 7:30—8:30 pm

Member Fee: \$18 per child

Non-Member Fee: \$36 per child

Martial Arts Advanced: Wednesdays & Thursdays 7:30—8:30 pm

Member Fee: \$31 per child

Non-Member Fee: \$62 per child

Ages: 5-12 years

Class will be held in AS3.

Questions? Please call or e-mail Nicole Brown P 740-725-9622 E nbrown@marionfamilyymca.org

Marion Family YMCA Registration

Name _____ Age _____ D.O.B _____

Address _____ Email _____

Phone Number _____ Parent's Name _____