



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.



### Session Dates / Times:

Class is priced per month. Payments are due on the first Tuesday of each month.

**Member Fee: \$25 per child**

**Non-Member Fee: \$50 per child**

**Start Date:** May 2, 2023 **End Date:** December 28, 2023

**Martial Arts Basics:** Tuesdays and Thursdays 6:00—7:00 pm

**Ages:** 7-12 years

**Class will be held in the South Gym.**

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### Marion Family YMCA Registration

The YMCA will not be providing Gi's for this program. Please speak with the instructor on details for ordering a Gi for this class. The YMCA can also order a Gi for you at an additional price.

I will order my own Gi \_\_\_\_\_

I would like the YMCA to order a Gi for an additional cost \_\_\_\_\_

(The YMCA will reach out to you to discuss this option).

Name \_\_\_\_\_ Age \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Phone Number \_\_\_\_\_ Parent's Name \_\_\_\_\_

**Questions?** Please call or e-mail Andrew Grimes P 740-725-9622 E [agrimes@marionfamilyymca.org](mailto:agrimes@marionfamilyymca.org)



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## Meet Sensei Lyons

Sensei Lyons has trained and competed in Martial Arts for over 15 years.

He is a current Internationally certified black belt through the International Shorin Ryu Karate Kobudo Federation. Sensei Lyons currently hold a certification in Pedro Sauer/Gracie Jiu-jitsu under team Pedro Sauer as well as a certificate of Modern Arnis /Kombat-an which is a Filipino Martial Art, this is a system that features blade, stick and hand to hand combat techniques.

Sensei Lyons is an experienced teacher and instructor with both youth as well as training law enforcement, military personnel, and students from Ohio Wesleyan University in Delaware Ohio over the past several years. This will be his first-year teaching at the Marion Family YMCA.

What Sensei Lyons enjoys most about martial arts are the physical benefits, the sense of overall well-being, and the skills martial arts give that allows the ability to overcome challenges not only in martial arts, but in life.

