



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHOTOKAN KARATE CLASSES

AT YMCA ARLINGTON 📍

As a form of physical exercise, karate is without equal.

- Karate utilizes all parts of the body, increasing speed, stamina, coordination, reflexes and balance.
- **Karate is great sport for parents and kids together.**
- Designed for ages 6+, no experience is necessary and your first trial class is always free.

When:

6-Weeks Sessions on both Tuesdays and Fridays from 6:00-7:30pm.

Good News!!! You can start anytime during any sessions.

Where:

In the Loft and Multipurpose Room at YMCA Arlington (3422 N 13 St).

Instructors:

Chief Instructor M. Hanjani - 5th Dan

Assistant Instructor Ducie Le - 3rd Dan

Program & Membership Fees:

Cost for Full Privilege Members	\$219
Cost for Program Members	\$249
Annual Youth Program Membership Fee	\$45
Annual Adult Program Membership Fee	\$70



For more information, visit www.jkavirginia.com or call 703-525-5420.