



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

SHOTOKAN KARATE CLASSES

AT YMCA FAIRFAX 

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-Week Sessions held on Mondays and Wednesdays from 6:00-7:00 PM.

Classes run from December 2, 2024 to January 8, 2025.

Makeup classes for holiday closures will be on January 13 and January 15, 2025.

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

Where: 12196 Sunset Hills Road, Reston, VA 20190

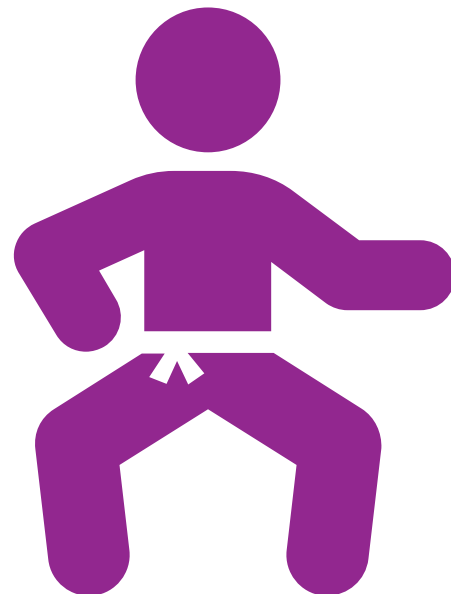
Instructors:

Chief Instructor M. Hanjani - 5th Dan

Assistant Instructor Ducie Le - 3rd Dan

Program & Membership Fees:

Cost for Full Privilege Members	\$150
Cost for Program Members	\$180
Annual Youth Program Membership Fee	\$50
Annual Adult Program Membership Fee	\$65



For more information, visit www.jkavirginia.com