



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:

8-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	\$190
Cost for Program Members	\$220
Annual Youth Program Membership Fee	\$50
Annual Adult Program Membership Fee	\$65

For more information, visit www.jkavirginia.com

