



Youth Aikido



For children ages 7-12

Children will learn physical techniques to improve coordination, posture, ambidexterity, awareness & motor skills. Mental development will include concentration, self-discipline, responsibility, respect & self esteem. The class format will be primarily traditional self-defense skills, games, and storytelling.

Tues & Thurs
3:30-4:30pm
All levels welcome!

For more information, contact the YMCA
Member Center 545-9622 x 3138

Monthly Fees:

Facility Members/\$30

Program Members/\$40

Non-Members/\$50

New Session each month!

The YMCA is pleased to announce our Youth Martial Arts program with **Sensei Jay H. Callender** L. Ac.

He has 35 years experience and holds black belt ranks in multiple styles of martial arts. He is also trained and licensed to practice Asian medical modalities.



Sonoma County Family YMCA

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1207 College Avenue, Santa Rosa, CA 95404 (707) 544-1829 FAX: (707) 544-4432

<http://www.scfymca.org> The YMCA is a not-for-profit, community organization.

Financial assistance is available.



We build
strong kids,
strong families,
strong communities.