

# Youth Aikido

For children ages 7-12



Aikido is a Japanese martial art where 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!  
New Session each month!

For more information, contact Group  
Exercise Coordinator 545-9622 Ext 3128

Sensei Jay H. Callender L. Ac., Dipl. OM  
has 40 years experience and holds black belt ranks  
in multiple styles of martial arts. Jay is also  
licensed by the state of California and nationally  
certified to practice acupuncture and herbology.

## Monthly Fees:

Facility Members/\$30  
Program Members/\$40  
Non-Members/\$50



### Sonoma County Family YMCA

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

Financial assistance is available.