



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD STRENGTH TEACH RESPECT



YOUTH AIKIDO

For children 2nd-5th grade

Thursdays 3:30-4:30pm

Saturdays 10:30-11:30am

All levels welcome

New session each month!

Aikido is a Japanese martial art where children will learn physical techniques to improve coordination, posture, ambidexterity, awareness & motor skills.

The class format will be primarily traditional self-defense skills, games, and storytelling.

For more information, contact Nasrina Evenstar,
Associate Director of Health and Wellness 545-9622,
Ext 3128

Monthly Fees:

Facility Members/\$38

Program Members/\$48

Non-Members/\$58

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.