



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## KICK IT UP AT THE Y

### GRAND RIVER AREA FAMILY YMCA Martial Arts Schedule

### 2024 Session 2: February 29 – April 20 (7–8 Weeks)

This freestyle karate class focuses on forms, self-defense, discipline, technique, and applications. Classes are beginner friendly, no experience required! Professional level instruction is provided by Josh Vance. Classes run according to our basic fitness/program session schedule and last 8 weeks

#### Ages 4 - 9

##### Any Level:

Tuesday 5:30 - 6:30 pm  
**Fee:** \$50 Members / \$70 Program Participants

Classes will begin on March 5.

#### Ages 10 and Up

##### Beginner thru Orange Belt:

Tuesday 6:30 - 7:30 pm **AND**  
Thursday 5:30 - 6:30 pm  
**Fee:** \$80 Members / \$115 Program Participants

##### Green Belt and Up:

Tuesday 6:30 - 7:30 pm **AND**  
Thursday 5:30 - 7:00 pm  
**Fee:** \$95 Members / \$140 Program Participants

Classes will begin on February 29.

#### Ages 18+

##### Any Level:

Saturday 9:00 - 10:30 am (5 weeks)  
**Fee:** \$90 Members / \$135 Program Participants

Our drop-in program allows students to attend class without registering for the entire session. The cost per class is \$8 for Members and \$12 for Program Participants. For more information, please contact our Welcome Center at (660) 646-6677.

### Dress Code:

Students should wear comfortable, athletic clothing. Karate Gi's are optional. If, however, you would like to purchase one, please ask Josh for ordering details.