



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH PROGRAMS FALL I

September 5–October 29, 2017

## MARTIAL ARTS

This traditional Japanese Martial Arts class allows youth to exercise the entire body and activate every muscle group. Benefits include: improved strength, self-control and mental sharpness while in a safe and caring environment.

Classes are on Tuesday nights in Studio II

### AGES

6–13

### WHEN

Tuesdays 6:00pm–7:00pm with Mr. Paul

### COSTS

Full Member–\$67.00 Program Member–\$87.00

Please contact Mr. Paul via email at [pml\\_mcpc@hotmail.com](mailto:pml_mcpc@hotmail.com) before registering for class.



## BASKETBALL

These classes are designed to teach the basketball basics of passing, dribbling, shooting, defense and teamwork in a fun and entertaining instructional class setting.

Classes are on Wednesday nights in Studio II

### AGES

3–12

### WHEN

Preschool (3–5 yr. olds)	5:30pm–6:00pm
Rookies (Beginners)	6:10pm –7:00pm
Winners (Intermediate/Advance)	7:00pm–8:00pm

### COSTS

Full Member–\$60.00 Program Member–\$75.00

