



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Martial Arts Programs

Karate

Karate at YMCA Ayrilawn Program center incorporates many of the foundations of the martial art. Our classes allow children of various ages to begin a focused, regimented curriculum, in which they'll expand their concentration and focus, learn self-discipline and analyze Karate's various aspects.

Beginner Karate (ages 5-7 Wed.; 5-10 Sat.)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03101-01	Wednesday	6:00 PM – 6:45 PM	\$96	\$112	Mini Gym
03101-02	Saturday**	12:30 PM – 1:15 PM	\$84	\$98	Mini Gym

Intermediate/Advanced Karate (ages 8-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-03	Wednesday	6:45 PM – 7:45 PM	\$96	\$112	Mini Gym
03101-05	Saturday**	1:30 PM – 2:30 PM	\$84	\$98	Mini Gym

Tae Kwon Do

Want to try an activity that the whole family can do together? Tae Kwon Do classes provide a unique and challenging opportunity for all individuals to have fun while getting a good, physical work-out. Tae Kwon Do is a Korean Martial Art that promotes a healthy mind and body through vigorous mental and physical exercise. Classes help students develop flexibility, strength and endurance, while also focusing on increasing self-esteem, respect, concentration and discipline.

Intro to Youth (ages 5-8)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-08	Thursday	5:30 PM – 6:15 PM	\$96	\$112	Masters

Beginner (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-10	Thursday	7:30 PM – 9:00 PM	\$96	\$112	Masters
03101-13	Saturday**	10:30 AM – 11:45 AM	\$84	\$98	Masters

Intermediate (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03010-09	Thursday	6:15 PM – 7:30 PM	\$96	\$112	Masters
03101-12	Saturday**	9:15 AM – 10:30 AM	\$84	\$98	Masters

Intermediate / Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-07	Monday**	7:45 PM – 9:00PM	\$84	\$98	Masters

Advanced (ages 6-99+)

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
03101-11	Saturday**	8:00 AM – 9:15 AM	\$84	\$98	Masters