



# Y<sup>®</sup> Martial Arts

(ages 4 & up)

Learn some interesting and basic self-defense techniques. Students will also learn to break boards. Advancement into higher belts is achievable. Come check out a class. Instructor and assistants have black belts in Martial Arts.

See Member Services for more details.

### **Class Schedule:**

Mondays: 6:30-7:30 pm or 7:30-8:30 pm

Thursdays: 6:30-7:30 pm or 7:30-8:30 pm

### **Cost:**

**1 Day a Week:** \$25 YMCA Members; \$45 Potential Members

**2 Days a Week:** \$40 YMCA Members; \$60 Potential Members  
(monthly rate)

**Instructor:** Sensei Steve Shockley  
Dorothy Shockley

828-632-2232



YMCA

We build strong kids,  
strong families, strong communities.