

ADULT & YOUTH SPORTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENPO KARATE (Ages 7-adult)

Mondays 7-8:30 pm OR Fridays 6-7:30 pm

A self-defense program designed to give students quick and simple techniques for protecting themselves and others. Classes are designed for kids, adults and families; it is a great activity to do together. Martial arts is a lifestyle that will keep you physically fit and give you skill sets for life.

Winter Fee:

Monday: Member \$49 | Community \$84 (1/7-2/18)

Friday: Member \$56 | Community \$96 (1/4-2/22)

Spring I Fee:

Monday: Member \$49 | Community \$84 (2/25-4/8)

Friday: Member \$49 | Community \$84 (3/1-4/12)

Spring II Fee:

Monday: Member \$49 | Community \$84 (4/15-5/27)

Friday: Member \$42 | Community \$72 (4/26-5/31) - No class 4/19

Staff & Certifications

Jeff Hansen | 4th Degree Blackbelt, WDK certified and Tai Chi certified

Ken Hansen | 3rd Degree Blackbelt and Hardened Target certified

Register

Online at GenevaLakesYMCA.org | Call 262.248.6211 | Visit the Front Desk