

ADULT & YOUTH SPORTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KENPO KARATE (Ages 6-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.

Fall I Fee:

Monday: Member \$42 | Community \$72 (9/9-10/14)

Friday: Member \$49 | Community \$84 (9/6-10/18)

Fall II Fee:

Monday: Member \$56 | Community \$96 (10/21-12/9)

Friday: Member \$49 | Community \$84 (10/25-12/13) - No class 11/29

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

DISCIPLINE | CONFIDENCE | CHARACTER