



FOCUS DISCIPLINE CONFIDENCE

MARTIAL ARTS
AGES 4-18

EXCEL ACADEMY



Martial Arts is a fun way to achieve fitness, self-control, and build camaraderie with others. Learn an activity that builds physical and mental energy with a focus on courtesy, respect, and perseverance. Our terrific team of instructors led by Adam Meyer will guide you through classes and teach martial arts fundamentals with a focus on traditional martial arts which includes Karate, Taekwondo, and Hapkido.

MEMBERS \$40/MONTH COMMUNITY \$63/MONTH

IRONWORKS BRANCH
Thursdays
Multi-Purpose Room
5:00-5:45pm

Questions? Contact Ann at amatuska@statelineymca.org.

*All participants are
required to purchase a
discounted uniform to
participate.*

statelineymca.org/martialarts