

EXCEL ACADEMY

MARTIAL ARTS @ THE Y



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

NEW 45 MINUTE CLASSES

RATES:
MEMBERS \$40/MONTH
NON-MEMBERS \$63/MONTH
IRONWORKS BRANCH
Thursdays
Multi-Purpose Room
Ages 4-18 | 5:00-5:45 pm

AGES 4 - 18

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. Martial Arts can be enjoyed throughout your lifetime. 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. Classes are available for ages 4 through adult and families are welcome to participate together.

Questions? Contact Cortnee at cmcreynolds@statelineymca.org.

www.statelineymca.org/karate