



# BUILD STRENGTH TEACH RESPECT

## YOUTH AIKIDO – ALL LEVELS

Aikido is a Japanese martial art where children will learn physical techniques to improve coordination, posture, ambidexterity, awareness & motor skills.

The class format will be primarily traditional self-defense skills, games, and storytelling.

Register in the membership office or [online](#). Questions, contact Health & Wellness Director at 545-9622, 3128

\*New session start at the beginning of each month, join the class anytime during the month at the full rate and attend as many classes as possible each month.

Age: 2<sup>nd</sup> – 5<sup>th</sup> graders

Days: Tuesdays and Thursdays

Time: 4:15-5:15pm

Location: 1111 College Avenue

### Monthly Fees:

- Facility Members/\$42
- Program Members/\$52
- Non-Members/\$63



Sensei Jay H. Callender L.Ac., has 50+ years of experience in martial arts and holds multiple black belt ranks in various styles. In Aikido he currently holds the black belt rank of 6th dan, certified by the Aikikai Foundation / Aikido World Headquarters in Japan. Sensei Callender has also been affiliated with Sugawara Sogo Budo, his teacher's martial arts organization, from its inception. Jay has been leading the Youth Aikido Program at the Sonoma County Family YMCA for 40+ years, beginning in 1985.

### Sonoma County Family YMCA

1111 College Avenue, Santa Rosa, CA 95404 (707) 545-9622 FAX: (707) 544-7805

<http://www.scfymca.org> The YMCA is a nonprofit, community organization. Financial assistance is available.