



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPORTS & RECREATION

Teen and Adult Karate

Teen and Adult Beginners Karate

Ages 13—Adult

New Beginner Class Starting February 7, 2011

Register now for a no commitment trial! Try Karate for the month of February AT NO COST! If you like it and continue in March, we'll buy your Gi!

Classes are held every Monday and Wednesday at 7:00pm

Join one of the best traditional-style karate programs in the country, and build your body, mind, and spirit through this complete physical activity. The program has been at the Trotter Family YMCA since 1985, and offers friendly environment, separate beginner classes for all, and highly ranked and certified instructors. Karate will increase your concentration, flexibility, and confidence, all while meeting new friends, gaining peace and harmony and enjoying new challenges.

Come get healthy, in a whole new way!

Fees: \$60 Facility Members / \$80 Program Members

Adult Day Time Karate

Ages 13—Adult

Classes Begin in March

More details coming soon!

For more information on Youth and Adult Karate programs, e-mail Shadi Barazi at shadib@ymcahouston.org or call (713) 781-1061

Trotter Family YMCA

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.