

# Y<sup>®</sup>KARATE

We build strong kids, strong families, strong communities.

## 2009 KARATE PROGRAM

### TANG SOO DO

*Class goals is to develop confidence, physical fitness, self defense, discipline, overall better health and strengthen mind, body and spirit through training in the martial arts.*

#### YOUTH (Ages 6-16 years)

##### **Friday:**

Beginners 5:30 pm - 6:30 pm      Intermediate 6:30 pm - 7:30 pm  
Advance 7:30 pm - 8:30 pm

##### **Saturday: All Class meet 12:00 pm - 1:00 pm**

Beginners  
Intermediate  
Advance

#### ADULT (Ages 16- Older)

**Tuesday:** 6:45 pm - 7:45 pm

**Friday:** 6:30 pm - 7:30 pm

#### BLACK BELT CLASS

**Saturday:** 12:30 pm - 1:30 pm

- Session 1: January 2nd
- Session 2: February 6th
- Session 3: March 6th
- Session 4: April 3rd
- Session 5: May 1st
- Session 6: June 5th
- Session 7: July 3rd
- Session 8: August 7th
- Session 9: September 4th
- Session 10: October 2nd
- Session 11: November 6th
- Session 12: December 4th

#### No class

*April 11 (Easter)*

*May 23 (Memorial Day)*

*July 4 (Independence Day)*

*September 5 (Labor Day)*

*November 28  
(Thanksgiving Day),*

*December 26 (Christmas)*

#### 8 Lesson per Session

#### Facility Member

#### \*Program Only

**Tang Soo Do & Black Belt Class**

**\$50**

**\$70**

*\*\$25 individual Program Membership fee, \$35 Family Program Membership Fee  
No Refund for unattended Classes.*

- Karate uniform is required for class.
- Karate uniform, patches and testing fees are an additional cost.

**For more information call East Lake Family YMCA at 404-373-6561**

**275 East Lake Blvd. \* Atlanta \* GA \* 30317**