

Parent Information

All children under the age of 12 years old must be supervised by an adult (18 years old or older) at all times.

All students must be accompanied to and from class with an adult (18 years old or older) at all times.

Preparation

- Make sure you have all proper equipment for class.
- Arrive 5-10 minutes early before class time.

Avoid participating if:

- You are not feeling well (cold, fever, etc.)

Class Fees:

- Payment is due before the first class of the month. Due to YMCA Association policies, there is no pro-ration for the program session. Refunds requested prior to the start date of the program will be issued in full. Refunds requested after the start date of the program will be issued with the addition of a 30% service fee. Please see our Welcome Center for more information.

Prospective Student Information

Prospective students who are interested in joining the Martial Arts Program are more than welcome to sit-in & observe a class.

For any additional questions, feel free to contact our Martial Arts Department at (808) 678-4277.

Mahalo

YMCA Policies

- If a class is missed, credit/refund/make-up classes are not allowed.
- YMCA will issue a credit if we are unable to conduct a class.
- Credits may be used for other YMCA programs.

Revised: DECEMBER 28, 2018



2018

MARTIAL ARTS
TAEKWONDO & KI-AIKIDO



LEEWARD YMCA
94-440 MOKUOLA STREET
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TAEKWONDO

- Discipline in physical activity, self-defense skills, and focus will allow all students to build a stronger self through the YMCA core values; Caring, Respect, Honesty, & Responsibility.

Beginner Class (5 y/o & above) *White belt students*

Tuesday & Thursday, 3:15pm-4:35pm [Studio 1]

Intermediate & Advanced Class *Yellow belt & above students*

Tuesday & Thursday, 4:35pm-5:55pm [Studio 1]

KI-AIKIDO

- Students study Shin Shin Toitsu Aikido to learn to coordinate their mind and body, to work with others positively, and realize their full potentials. Ki training provides skills for relaxation, calmness, concentration, personal health, and positive interactions. Physical strength is not necessary to practice Ki training.

Youth Class (7-17 y/o)

Saturday, 2:45pm-3:45pm [Studio 2]

Adult Class (18 y/o & above)

Wednesday, 7:00pm-8:00pm [Studio 2]

Saturday, 3:50pm-4:50pm [Studio 2]

DATES	BEGINNER	INTERMEDIATE & ADVANCED
January	5466	5506
February	5468	5509
March	5470	5518
April	5472	5519
May	5475	5521
June	5477	5523
July	5444	5485

ADULT		YOUTH	
DATES	BARCODE	DATES	BARCODE
Jan.	5021	Jan	5026
Feb	5023	Feb	5031
Mar	5022	Mar	5032
Apr	5024	Apr	5033
May	5127	May	5549
Jun	5543	Jun	5553
Jul	5059	Jul	5062