



2019

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

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.

MARTIAL ARTS

TAEKWONDO & KI-AIKIDO



LEEWARD YMCA

**94-440 MOKUOLA STREET
WAIPAHAU, HI 96797**

PH: (808) 671-6495

FAX: (808) 671-7985

WWW.YMCAHONOLULU.ORG

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: March 25, 2019

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.

Keiki Class (4-7 y/o) *White belt students*

Tuesday & Thursday, 3:10pm-4:00pm [Studio 1]

Beginner Class (7 y/o & above) *Under Blue Belt*

Tuesday & Thursday, 4:00pm-5:00pm [Studio 1]

Intermediate & Advanced Class *Blue Belt and above*

Tuesday & Thursday, 5:00pm-6:00pm [Studio 1]

DATES	KEIKI	BEGINNER	INTERMEDIATE & ADVANCED
January	72272	14279	14293
February	77273	14280	14294
March	72274	14281	14295
April	21094	14282	14296
May	21095	14283	14297
June	21096	14284	14298
July	21097	14285	14299
August	21098	14286	14300

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]

ADULT		YOUTH	
DATES	BARCODE	BARCODE	BARCODE
January	14691		14306
February	14692		14307
March	14693		14308
April	14694		14309
May	14695		14310
June	14696		14311
July	14697		14312
August	14313		14698