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.

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

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-rataion 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.

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
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<th>Youth</th>
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**Adult Class (18 Y/o & above)**
- Wednesday, 7:00pm-8:00pm [Studio 2]
- Saturday, 3:00pm-4:00pm [Studio 2]

**Youth Class (7-17 Y/o)**
- Saturday, 2:45pm-3:45pm [Studio 2]

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**Beginner**
- Tuesday & Thursday, 3:10pm-4:00pm [Studio 1]
- Under Blue Belt (1)

**Keiki Class (4-7 Y/o)**
- Tuesday & Thursday, 3:10pm-4:00pm [Studio 1]
- White Belt Students

**Intermediate & Advanced Class**
- Tuesday & Thursday, 5:00pm-6:00pm [Studio 1]
- Blue Belt and above

**Related Information**
- Discipline in physical activity, self-defense skills, and focus will allow students to build a stronger self through the YMCA core values.
- Caring, respect, honesty, and responsibility.
- All students are encouraged to participate.