



We build strong kids, strong families, strong communities.

KARATE AT DEER PATH FOR CHILDREN, TEENS AND ADULTS

KARATE KIDS

Ages 5 - 7 years-old

Learn character skills and self-defense techniques through this martial arts based program. Physical development, mental concentration, self-esteem, respect, and discipline are some of the virtues taught. Advanced classes challenge students mentally and physically as well as introduce new techniques.

Introduction / Beginner

Monday 4:00 - 4:50 pm
Thursday 4:00 - 4:50 pm
Saturday 9:00 - 9:50 am

Advanced (Yellow Stripe and Up)

Monday 5:00 - 5:50 pm
Thursday 5:00 - 5:50 pm
Saturday 8:00 - 8:50 am

Family Full Member: \$44
Program Member: \$90



MARTIAL ARTS

14 years through adult

American Okinawan Karate Do Class. Master Instructor Ed Westling, a 7th degree Black Belt has been teaching energetic, fun classes for over 25 years. Beginning students will learn basic blocks, punches, and kicks along with Isshinryu forms, a Jujitsu-style self-defense techniques. Advanced students continue studies with advanced techniques, forms and sparring.

Monday 8:00 - 10:00 pm
Wednesday 8:00 - 10:00 pm
Saturday 1:30 - 3:30 pm

Family Full Member: \$68
Full Member: \$93
Program Member: \$114

MARTIAL ARTS

Ages 8 - 14 years-old

The Isshinryu style is well suited to today's young people and may improve attention spans, flexibility, and coordination. Beginners learn basic techniques, form and self-defense. Advanced students learn advanced techniques, additional forms and controlled sparring.

Introduction / Beginner

Monday 6:00 - 7:00 pm
Thursday 6:00 - 7:00 pm
Saturday 11:00 - 12:00 pm

Advanced

Monday 7:00 - 8:00 pm
Thursday 7:00 - 8:00 pm
Saturday 12:15 - 1:30 pm

Family Full Member: \$49
Full Member: \$74
Program Member: \$95

ADULT SPORTS AT DEER PATH

OPEN BASKETBALL

High school and older

Participants play a competitive pick-up game. Teams are formed from members who are present. Participants should be fundamentally strong in basic basketball skills.

Tuesday 8:00-9:45 pm
Full Member: Included

OPEN VOLLEYBALL

High school and older

Participants must have played organized volleyball and be able to perform basic volleyball skills such as passing, setting and serving. Teams are formed from members who are present.

Sunday 8:00-9:30 am
Thursday 8:15-9:45 pm
Full Member: Included

For a copy of the gym schedule, visit the Deer Path welcome center or www.hcymca.org.

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653