



Register online

YKARATE™

We build strong kids, strong families, strong communities.

KARATE AT DEER PATH FOR CHILDREN, TEENS AND ADULTS

KARATE KIDS

Ages 5 - 7 years

A Unique program specifically designed for elementary school age kids. In a fun and energetic environment, without punching or kicking, students learn character and self-defense skills 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: \$48

Program Member: \$98

MARTIAL ARTS

Ages 8 - 13 years

Motivating today's young people, striving to attain their best, our Isshinryu style of Martial Arts is well suited to assist in these goals. Through physical movement and mental concentration, our students learn to improve their willingness to achieve more. Advanced students continue on their path of improvement with advanced training, techniques 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: \$53

Full Member: \$78

Program Member: \$103

MARTIAL ARTS

14 years through adult

Beginning a journey in the Martial Arts is energizing and rewarding. Come join us to learn how to defend yourself, improve your stamina and attain your goals. Our Isshinryu style and enthusiastic instructors will help you achieve improvement and have fun doing it. Advanced students develop deeper into the Art with advanced techniques, forms and sparring.

Monday 8:00 - 10:00 pm

Wednesday 8:00 - 10:00 pm

Family Full Member: \$75

Full Member: \$100

Program Member: \$125

BROWN BELT LEADERSHIP CLASS

10 years and up

Specifically for all Brown Belt. This class will introduce the skills needed to become outstanding leaders. The additional training received will allow the student to assist in various classes and move toward the level of Junior Leader and eventually toward the highly regarded Martial Arts Black Belt.

Saturday 1:30-3:30pm

Family Full Member: \$75

Full Member: \$100

Program Member: \$125

ABOUT THE INSTRUCTOR

Master Instructor, Sensei Ed Westling, a 7th degree Black Belt, has been teaching energetic and fun classes for almost 30 years. He and his team of instructors and assistants have been great role models for our students at the Hunterdon County YMCA since 1999.



QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653