

SWIM, SPORTS AND PLAY

Youth Martial Arts at Deer Path

Karate Kids

Ages 5 - 7 years

Designed for elementary school age kids, without punching or kicking, students learn character and self-defense skills. 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 - 4:45 pm
Thursday	4:00 - 4:45 pm
Saturday	9:00 - 9:45 am

Advanced (Yellow Stripe and Up)

Monday	5:00 - 5:45 pm
Thursday	5:00 - 5:45 pm
Saturday	10:00-10:45 am

Brown Belt Leadership class

10 years and up

Specifically for all Brown Belts, 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
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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 -8:30 pm
Thursday	7:00 -8:30 pm
Saturday	12:00-1:30 pm

Adult Martial Arts

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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.

Karate Kids at Round Valley

5-7 years

Students will have fun learning character skills and self-defense techniques in this martial arts-based program. Classes focus on physical development and mental concentration. Self-esteem, respect, and discipline are just some of the virtues taught. Wednesday 3:45 - 4:30 pm

Karate Kids Advanced at Round Valley

5-7 years

Yellow stripes and up. Advanced classes will challenge students physically and improve character skills. Self-esteem, respect, and discipline continue to be taught.

Wednesday	4:30 - 5:15 pm
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Karate Kids (5-7 years)

Registration	By 2/29	After 2/29
Full Member:	\$49	\$54
Program Member:	\$74	\$79
Non-Member:	\$99	\$104

Martial Arts Beginner

Full Member:	\$54	\$59
Program Member:	\$76	\$81
Non-Member:	\$104	\$109

Martial Arts Advanced/Brown Belt

Full Member:	\$75	\$80
Program Member:	\$100	\$105
Non-Member:	\$125	\$130