



# Macomb Family YMCA

## Judo

### Judo

Join world famous instructor Jerry Wee Mondays or Wednesdays, or both days to learn the art of Judo, the number two sport in the world. Class begins at 7:30pm.

Fee: 1 Day  
\$47 Members  
\$101 Program Members

Both Days  
\$73 Members  
\$132 Program Members

Day: Mon and/or Wed

Time: 7:30-9:00pm

### **CONTACT:**

Christina Wolcott  
Wellness Director  
(586) 468-1411 x223

### **REGISTRATION DATES:**

September 1-September 13

### **PROGRAM DATES:**

September 13th-November 3rd  
(8 weeks)

*Visit our new website!*  
**[www.ymcadetroit.org](http://www.ymcadetroit.org)**



# Macomb Family YMCA

## Karate

### Little Dragons

Learn karate in a fun and structured environment. Build respect and character, improve motor skills and social skills while learning karate techniques. Uniforms required for belt promotions and are purchased from instructor. No outside shoes for parents or children are permitted in the studio, remove prior to entering. Ages 4-6 years old.

Fee: Per 1 Day  
\$41 Members  
\$88 Program Members

Days: Tuesdays 4:30-5:15pm

### Youth & up Karate

Classes emphasize respect and discipline while building balance, coordination, strength, and self-defense skills. Uniforms are required for belt promotions and can be purchased from instructor. No outside shoes for parents or children are permitted in the studio, remove them prior to entering.

Fee: Both days only  
\$56 Members  
\$112 Program Members

Ages 7 years and up  
Tue/Fri 5:15-6:00pm

### CONTACT:

Christina Wolcott  
Wellness Director  
(586) 468-1411 x223

### REGISTRATION DATES:

September 1-September 13

### PROGRAM DATES:

September 13th-October 29th  
(7 week session)

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