



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:

January 27-February 22

PROGRAM DATES:

February 22-April 14
(8 weeks)

Visit our new website!
www.ymcaetroit.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:

January 22-February 23

PROGRAM DATES:

February 23-April 9
(7 week session)

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