



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARTIAL ARTS

At the Y, our martial arts program offers more than self-defense. Beyond the basics of Yoshukai Karate, you will learn about respect and good sportsmanship while building self-confidence. For the youth, we have an anti-bullying component. For all, we stress physical conditioning and mental toughness. This is a true family program that builds a healthy spirit, mind and body.

Details: Tuesdays & Thursdays 7:00pm

Ages: 6 years to adult

Rates: Members \$35 | Community Participants \$45

Information: Please contact Sports Supervisor Zach Conroy at zconroy@vfymca.org, call 386-760-9622 or visit the Membership Desk

Registration: In-house at the Membership Desk



PORT ORANGE FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US