



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONFIDENCE. SECURITY. PROTECTION.

## JUJITSU

Spring I Session is from March 4th —April 28th, 2019

### Learn how to defend yourself with the “Gentle Art”

Jujitsu is the Japanese martial art of unarmed self defense. Learn practical and effective defensive skills in a safe and family-friendly environment.

### COST for up to 18 classes:

#### Jujitsu—One Day per week

FULL MEMBER \$77 per session  
PROGRAM MEMBER \$98 per session

#### Jujitsu—Two Days per week

FULL MEMBER \$110 per session  
PROGRAM MEMBER \$140 per session

### WHEN

Monday 7:30pm-9:00pm

Saturday 10:30am-12:30pm

### LOCATION

Studio A with Howard Kee

### BIO

Howard Kee holds a 5th degree black belt in Jujitsu and has practiced martial arts for over 20 years. Kee also holds black belts in Taihojitsu and Aikido.



See Membership Services to Register today!

\*For more information please contact Jen.Dryzga@ymcadc.org

**TRY ONE WEEK OF CLASSES FOR FREE!**