

# AIKIDO for Kids™

## ◆ Full Program

*(6 days/week, ages 8-17)*

Monday – Thursday 4:45 – 5:30 p.m. *(while school is in Session)*

Saturday 10 – 11 a.m.

Sunday 12:30 – 1:30 p.m.

## ◆ Weekend Program

*(Sat./Sun. only, ages 5-17)*

Saturday 10 – 11 a.m. *(ages 5-17)*

Sunday 12:30 – 1:30 p.m. *(ages 5-17)*

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**Aikido** teaches students to defend themselves by **not** fighting. Instead of using potentially crippling kicks or punches, the student of Aikido learns to apply various wristlocks, arm pins, and unblancing throws. These neutralize attacks without serious injury to the attacker. **Aikido** is ideal for children because the self-defense techniques which it teaches do not depend on superior size or strength. Girls and boys can practice together and participate equally.

### *Aikido for Kids!* provides:

- ◆ Active learning situations which increase self-confidence while learning the value of self-discipline.
- ◆ An emphasis on respecting other people, cooperation, and resolving conflicts without fighting.
- ◆ An enhanced ability to pay attention, focus efforts and work with others.
- ◆ Excellent conditioning, flexibility, and agility training.

### *Aikido for Kids!* helps to develop:

- ◆ Self-discipline
- ◆ Self-esteem and a positive self-image
- ◆ Social Skills
- ◆ Confidence

## FEES

*1<sup>st</sup> month (either program)*

\$130 *(includes uniform up to size 2)*

\$145 *(includes uniform size 3 & up)*

*After the 1<sup>st</sup> month*

\$80/month *(full children's program)*

\$65/month *(weekends only)*

*Annual Dues (each November) \$35*

**FAMILIES.** After the *1<sup>st</sup> month*, each *additional* family member takes *\$20 off* their tuition.

