

We build strong kids, strong families, strong communities.

FREMONT / NEWARK YMCA

Kajukenbo MARTIAL ARTS

WITH
Paul Notarte



Tuesday and Thursday Evenings

Beginners Ages 5-8: from 6:00pm-6:30pm
Beginners Ages 9-14 from 6:45pm-7:45pm
Beginners Ages 14 and Up from 7:45pm-8:45pm

Beginners Ages 5-8: \$65 a month
Beginners Ages 9 and Up: \$75 a month
(25% off for each additional family member)

this is an ongoing program where your child will be able to move up in belt ranks due to their progress within the class

The YMCA Golden Dragons will focus their training on the arts of Kajukenbo; a martial art that was founded in Hawaii. Your child will not only develop better posture, balance, strength, and endurance, they will gain, confidence, self-esteem, and respect while learning lifetime self-defense skills that are the basis of Kajukenbo's training program. These are difficult times. Now, more than ever, our children need the inner strength and discipline to make admirable decisions. Kajukenbo Martial Arts will channel your child's energy and focus it into something you and your children can be proud of. Enroll today and begin training now!

YMCA MEMBERSHIP

All participants need a current YMCA membership. Be sure to renew your annual membership!

PLEASE SEE US ONLINE AT:

[Http://www.ymcaeastbay.org/Fremont/fremont.html](http://www.ymcaeastbay.org/Fremont/fremont.html)

STOP BY AND SIGN-UP IN PERSON OR
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TO:

Fremont / Newark YMCA
41811 Blacow Rd.
Fremont, Ca. 94538
510-657-5200 Phone



REGISTRATION ON REVERSE SIDE