



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARTIAL ARTS

STRONGER, FASTER.

Karate

All ages and skill levels are encouraged to join to strengthen their body and spirit while learning self-defense and etiquette.

Youth Class Times:

Beginner	Monday/Wednesday	5-6 pm
Intermediate	Monday/Wednesday	6-7 pm
Novice	Tuesday/Thursday	5-6 pm
Advanced	Tuesday/Thursday	6-7 pm

Youth Monthly Prices:

Facility Members \$65
Non-Members \$95

Adult Monthly Prices:

Facility Members \$65
Non-Members \$95

Adult Class Times:

Beginner	Monday/Wednesday	7-8:30 pm
Intermediate	Monday/Wednesday	7-8:30 pm
	Friday	5:30-7pm
Advanced	Tuesday/Thursday	7-8:30 pm
	Saturday	9:30 am-12:30 pm



For more information on karate programs, please contact:

Youth: Sensei Emmanuel at 832.483.3254
Adult: Sensei Daylami at ymcashotokankarate@gmail.com
Both: Sensei Ruben at 832.513.0058



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

text YMCAHouston to 41411

