

SHOTOKAN KARATE

WITH INSTRUCTOR JORDAN BERRY

Learn the art of Shotokan Karate – One of five traditional forms of karate, originating in Japan. Shotokan is divided into three parts – *kihon* (basics), *kata* (forms or patterns of moves), and *kumite* (sparring). Techniques build strength, flexibility and stability.

BEGINS JUNE 18TH with rolling registration

YOUTH CLASSES

WEDNESDAY & THURSDAYS

3:15pm – 5:15pm

MEMBER: \$40/8 CLASSES – COMMUNITY: \$60/8 CLASSES

ADULT CLASSES

WEDNESDAY & FRIDAYS

6:30pm – 8:30pm

MEMBER: \$40/8 CLASSES – COMMUNITY: \$60/8 CLASSES

Wear comfortable attire appropriate for exercise

Contact Justin Belmonte, Program Director for questions

Lynn YMCA 781-581-3105x31 or jbelmonte@lynnymca.org