

About the Instructor...

The Martial Arts have been a part of my life since 1974 when I first took lessons while serving in the US Navy. I recommend the Martial Arts to anyone who wants to improve their life and physical well being. If you have any questions, comments or concerns, please do not hesitate to contact me.

Sincerely,

Michael Antonides

419-651-5228

mjantonides@wildblue.net

KARATE

*begins and ends with respect "Funakoshi;"
teaches how to set and achieve goals;
teaches how to be successful;
establishes qualities that will last a lifetime;
builds strong minds and bodies.*

20% discount for additional family member in any class for members only

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A Partner Agency

Martial Arts



Orrville YMCA

1801 Smucker Road
Orrville, OH 44667
330-683-2153
330-683-0068-fax

Dalton YMCA

100 N. Kurzen Road
Dalton, OH 44618
330-682-1033
330-682-0066-fax

Wayne County Center for the Martial Arts

1448 West High Street
Orrville, OH 44667

Email:

info.ymca@zoominternet.net

Y Website:

www.orrilledalton-ymca.org



**WE BUILD STRONG KIDS, STRONG
FAMILIES, STRONG COMMUNITIES**

MARTIAL ARTS AT THE DALTON Y

Or Martial Arts classes are now held in our new facility called The Wayne County Center for the Martial Arts, located at 1448 W. High St., Orrville. **Please register for classes at the Orrville or Dalton Y. Or register by phone.**

INTRO TO KARATE

Youth ages 7-12
For students with no previous martial arts training.
8-Week Session: July 13 - Aug 31
Registration: June 10 - July 3
Tue, 6:00-7:00pm
Fees: Mem: \$45 Non-Member: \$75



YOUTH BEGINNERS/YOUTH CLASS

Youth ages 7-12
Students begin learning the basics through classroom instruction and personal instruction from the Black Belt instructors. Advancement is achieved through periodic testing of skills. Tournament Teams are formed for students who are interested in pursuing the sport aspect of the Martial Arts. Demonstration teams are part of the curriculum for those who wish to participate.
8-Week Session: July 13 - Sept 2
Registration: June 10 - July 3
Tues, 6:00-7:00pm; Thur, 6:00-7:00
Fees: Mem: \$60 Non-Member: \$90

LITTLE DRAGONS CLASS

Ages 5 and 6 Emphasis is on coordination, and balancing skills, learning the basics, such as punching, kicking and blocking. Prepares children for the Youth class with the basic skills to get a jump on the more advanced martial arts skills.
6-Week Session: July 10 - Aug 21 (no class July 31)
Registration: June 10 - July 3
Saturdays, 10:00-11:00
Fee: Mem: \$40 Non-Member: \$67

ADULT ADVANCED KARATE

Ages 13+ or green belt+
This class is for those students who have been invited by the instructor. We will be working on Kata (Forms), Sparring and Weapons that will be required for advancement to the higher ranks.
8-Week Session: July 13 - Sept 2
Registration: June 10 - July 3
Tues, 7:00-8:15pm; Thur, 6:00-7:00
Includes sparring on Thursdays, 6:00pm
Fee: Member: \$65 Non-Member: \$95

ADULT BEGINNERS/FAMILY KARATE

Family members participate together.
Registration in this class includes 1 additional class for each child.
6-Week Session: July 10 - Aug 21 (no class July 31)
Registration: June 10 - July 3
Please register at either Y facility.
Saturdays, 11:00am-noon
Fee: Member: \$95 Non-Member: \$150

JUJITSU CLASS

8-Week Session: July 15 - Sept 2
Registration: June 10 - July 3
Please register at either Y facility.
Thursdays, 7:00 - 8:15pm
Fee: Member: \$45 Non-Member: \$65
This class sign up is only Jujitsu students who are not taking karate. Karate students who are signed up for karate do not have to sign up for this class, but may attend.

YOUTH JUJITSU CLASS (ages 5-12)

6-Week Session: July 10 - Aug 21 (no class July 31)
Registration: June 10 - July 3
Please register at either Y facility.
Saturdays, 9:00-10:00
Fee: Member: \$40 Non-Member: \$67
This class is included if you are signed up for any other Karate class.

FAMILY KARATE MEMBERSHIP

This sign up is for families of at least one adult and child. May include all parents and children in the same family. Each student signs up for their appropriate class, and may attend the Saturday family class together.
Fee: Mem: \$120 per family (at least one person in family must be a member)
Non-Member: \$175 per family

Belt Rank Testing

Testing is conducted once a month for Youth and Adult students who have developed the required skills for advancement. Testing is not mandatory and students are not required to test until they have demonstrated their proficiency in class. Minimum of 2 months is required between testing.

Dress Code (Karate Class Only)

Uniforms are not required for the beginning students, but are required by testing. Only white karate uniforms are allowed. Uniforms are available from Sensei Antonides.
Required Equipment: Mouth piece, hard athletic cup (boys).