

# LEARN SKILLS GAIN CONFIDENCE



## MIDDLE TYGER YMCA

### Martial Arts

#ExerciseIsFocus

Embracing the mental and spiritual element of martial arts will improve the mind's focus and enable you to develop self-control, build confidence and manage stress. These classes are not meant to promote fighting. Our focus is on instilling values such as discipline, self-awareness, and developing an ability to put mind over matter.

Check out our website for **FREE** Self-Defense Class Schedule!

#### **Friday Evenings: Starting June**

- ◇ 4—6 year olds at 6pm-6:45pm  
*\$30 for members per month*  
*\$60 for potential members per month*
- ◇ 7—12 year olds at 6:50pm-7:20pm  
*\$40 for members per month*  
*\$80 for potential members per month*

Registration is OPEN

If you have any questions, please contact  
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Goal-Setting  
Self-Improvement  
Respect  
Listening Skills  
Teamwork  
Belonging

