WINTER 2022 SCHEDULE

January 3, 2022 – February 19, 2022

Youth Karate Classes

(Choose two classes to attend)

White Belt Beginners (Ages 6 to 17) (Choose two classes to attend)	Tuesdays, Thursdays Saturdays	3:45pm to 4:30pm 10:30am to 11:15am
White Belt 1 & 2 Stripes	Mondays & Fridays	4:45pm to 5:30pm
Yellow & Orange Belts	Mondays & Fridays	3:45pm to 4:30pm
Green and Blue Belt	Tuesdays & Thursdays	4:45pm to 5:30pm
Brown and Black Belts	Tuesdays & Thursdays	5:45pm to 6:30pm

Lil Dragons Karate Classes

Lil'est Dragons (Ages 4 to 5)
(Class limit of 6 students per class)
Saturdays
8:30am to 9:00am

Lil Dragons (Ages 5 to 6)
(Class limit of 10 students per class)
Mondays
3:00pm to 3:30pm

Saturdays
9:00am to 9:30am
9:45am to 10:15am

Tween & Adult Karate Classes

Noontime Adult Class	Mondays & Wednesdays	12:00pm to 1:00pm
Tween and Adult Class (Ages 12 and older)	Mondays & Fridays	5:45pm to 6:30pm

Extra Karate Classes

Bo Class (Orange Belts & Higher)	Wednesdays	3:45pm to 4:30pm
Tournament Team Class (Invitation only)	Wednesdays	4:45pm to 5:30pm

Other Martial Arts Classes

Jujitsu Class	Thursdays	6:30pm to 7:30pm
Capoeira	Fridays	6:30pm to 7:15pm

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Visit our website at
www.clubnahakaratedo.com

MARTIAL ART CLASS FEES

(All fees are for a seven week session)
(Ask our welcome desk about our different membership options)

Lil & Lil'est Dragons Classes	**$50.00 for members/$60.00 for non-members**
Jujitsu Classes	**$50.00 for members/$60.00 for non-members**
Capoeira Classes	**Free with a Teen or Adult Membership**
Youth Karate Classes	**$85.00 for members/$100.00 for non-members**
Tween & Adult Karate Classes	**$100.00/Free with a Teen Membership, Adult Membership, & Free to students between the ages of 11-17 that pay the youth karate class fee**

Financial assistance is available!

Club "NAHA" Karate-Do U.S.A.
Boys & Girls Clubs and YMCA of Greater Waterville
at the **Alfond Youth & Community Center**
126 North Street, Waterville, Maine 04901
P: 207.873.0684 F: 207.861.8016 ClubAYCC.org

AYCC Alfond Youth & Community Center