

YMCA Youth Sports eLearning!

Volunteer training is available online at this website: <http://training.ymca.net/>. Print out your certificate and bring them to the YMCA. These trainings provide great information for the new or experienced volunteers and communicate the YMCA's Seven Pillars of YMCA Youth Sports.

YMCA PLEDGE

Win or lose, I pledge before God,
to do my best, to be a team player,
to respect my opponents, teammates and officials, and to improve myself, in spirit, mind and body.

STRONG KIDS

Strong Kids is a scholarship program, based on income, we offer to youth and families to join and participate in our programs at the Family YMCA of Fayette County. Please ask for details if interested in applying or donating for a Strong Kids scholarship.

www.fayetteymca.com



COST

\$120.00/session for Members

\$180.00/session for Non-Members

\$5 discount per month for using bank draft registration

Includes 3 days/week as space allows

All payments will be collected at time of registration. Checks should be made payable to: YMCA and return to the Family YMCA of Fayette County, 710 Rock Island Avenue, Vandalia, Illinois 62471.

REGISTRATION

Karate Registration forms are available at the YMCA. These forms must be completed prior to participation in Karate.



Karate & Self-Defense

Tuesdays & Thursdays:

Advanced Kids/Adult: 5:00–6:00pm

Beginning Kids: 6:00–7:00pm

Intermediate Kids: 7:00–8:00pm

Saturdays:

Adults: 9:00–10:00am

Kids: 10:00–11:00am



2017 • FAMILY YMCA OF FAYETTE COUNTY



Karate & Self-Defense Class Information



Derrick Jones

Instructor

618.292.9029

jonesdm03@yahoo.com

Come and be a part of our Martial Arts Family! Have fun while learning martial arts and self-defense techniques, getting a workout, improving concentration and building confidence! Check out our classes for both adults and kids. Boys and girls are welcome. Please call me with any questions.

Karate for Kids **13 yrs of age and younger**

- Learn Discipline, Respect & Responsibility
- Learn Fighting Skills
- Make Friends
- Build Self-Confidence
- Great Workout!

Self-Defense for Adults **14 yrs of age and up**

- Promote Safety
- Belt Promotions
- Fun & Exciting
- Stress Reliever
- Bi-yearly Tournaments



YMCA MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Attention: Pictures may be taken at classes and used on the Family YMCA website. Please feel free to give us feedback anytime during the season, feedback page is on website: www.fayetteymca.com

FAMILY YMCA OF FAYETTE COUNTY

**710 Rock Island Avenue
Vandalia, Illinois 62471**

Questions?

(618) 283-1258

Email: adaulbaugh@fayetteymca.com