

# YMCA – Children (ages 5-12yrs)



## Martial Arts

### BEGINNER AIKIDO

Aikido is a responsive martial art in which the participant uses off-balances and an attacker's own strength and momentum, to gain control. It is committed to sincerity, honesty, trust, compassion, loyalty and friendship. Games and circuits are a part of the program that is designed to diffuse aggression and promote cooperation between children.

<b>Member \$48</b>	<b>Ages 5-7 yrs</b>
<b>Non-Member \$58</b>	
36494	Sa Jan 14-Feb 25 9:00am-10:00am
36686	Sa Mar 3-May 5 9:00am-10:00am

### CHILDREN'S AIKIDO

Aikido is a responsive martial art in which the participant uses off-balances and an attacker's own strength and momentum to gain control. It is committed to sincerity, honesty, trust, compassion, loyalty and friendship. Games and circuits are a part of the program that is designed to diffuse aggression and promote cooperation between children.

<b>Member \$48</b>	<b>Ages 8-12 yrs</b>
<b>Non-Member \$58</b>	
36496	W Jan 11-Feb 22 6:30pm-7:30pm
36495	Sa Jan 14-Feb 25 10:00am-11:00am
36684	W Feb 29-May 2 6:30pm-7:30pm
36685	Sa Mar 3-May 5 10:00am-11:00am

### BEGINNERS KARATE

Shotokan Karate uses self defence to foster the spiritual qualities of courage, courtesy and integrity, leading to a better life. All Karate Instructors are Black Belts, Internationally Registered and the Chief Instructor is a 5th Degree Black Belt.

<b>Member \$24</b>	<b>Ages 7-15 yrs</b>
<b>Non-Member \$29</b>	
36628	M Jan 9-30 5:30pm-6:30pm
36939	M Feb 6-27 5:30pm-6:30pm
36833	M Mar 5-26 5:30pm-6:30pm
36834	M Apr 2-30 5:30pm-6:30pm

### CHILDREN'S KARATE

Shotokan Karate uses self defence to foster the spiritual qualities of courage, courtesy and integrity, leading to a better life. All Karate Instructors are Black Belts, Internationally Registered and the Chief Instructor is a 5th Degree Black Belt.

<b>Member \$48</b>	<b>Ages 7-15 yrs</b>
<b>Non-Member \$58</b>	
36627	M, Th Jan 5-30 5:30pm-7:30pm
36629	M, Th Feb 2-27 5:30pm-7:30pm
36831	M, Th Mar 1-29 5:30pm-7:30pm
36832	M, Th Apr 5-30 5:30pm-7:30pm

## Tae Kwon Do

### TAE KWON DO LEVEL 1

This program is designed to run in a safe and fun setting. Students will learn Tae Kwon Do as an Olympic sport, and receive a world recognized certificate upon reaching their black-belt level.

<b>Member \$48</b>	<b>Ages 4-7 yrs</b>
<b>Non-Member \$58</b>	
36669	Th Jan 12-Feb 23 5:30pm-6:30pm
36664	Tu Jan 10-Feb 21 5:30pm-6:30pm
36674	Su Jan 15-Feb 26 2:00pm-3:00pm
36868	Tu Feb 28-May 1 5:30pm-6:30pm
36869	Th Mar 1-May 3 5:30pm-6:30pm
36874	Su Mar 4-May 6 2:00pm-3:00pm

<b>Ages 8-14 yrs</b>	
36666	Tu Jan 10-Feb 21 6:30pm-7:30pm
36671	Th Jan 12-Feb 23 6:30pm-7:30pm
36677	Su Jan 15-Feb 26 3:00pm-4:00pm
36876	Tu Feb 28-May 1 6:30pm-7:30pm
36873	Th Mar 1-May 3 6:30pm-7:30pm
36882	Su Mar 4-May 6 3:00pm-4:00pm

### TAE KWON DO LEVEL 2

This class is a continuation of our beginner program. It will provide further exploration into various basic techniques in Tae Kwon Do and introduce students to our TKD patterns for future provincial competitions. Prerequisites: Tae Kwon Do Level 1 or attendants with a yellow-belt issued by other TKD schools.

<b>Member \$48</b>	<b>Ages 4-7 yrs</b>
<b>Non-Member \$58</b>	
36665	Tu Jan 10-Feb 21 5:30pm-6:30pm
36670	Th Jan 12-Feb 23 5:30pm-6:30pm
36676	Su Jan 15-Feb 26 2:00pm-3:00pm
36875	Tu Feb 28-May 1 5:30pm-6:30pm
36877	Th Mar 1-May 3 5:30pm-6:30pm
36881	Su Mar 4-May 6 2:00pm-3:00pm

<b>Ages 8-14 yrs</b>	
36667	Tu Jan 10-Feb 21 6:30pm-7:30pm
36672	Th Jan 12-Feb 23 6:30pm-7:30pm
36675	Su Jan 15-Feb 26 3:00pm-4:00pm
36870	Tu Feb 28-May 1 6:30pm-7:30pm
36878	Th Mar 1-May 3 6:30pm-7:30pm
36880	Su Mar 4-May 6 3:00pm-4:00pm

### TAE KWON DO LEVEL 3

This class is a continuation of our level 2 program, and designed for advanced level students. It aims to provide further exploration into advanced patterns in TaeKwonDo, and conditioning training in preparation of their black belt certification.. Prerequisites: Tae Kwon Do Level 2 or attendants with a green-belt issued by other TKD schools

<b>Member \$48</b>	<b>Ages 4-7 yrs</b>
<b>Non-Member \$58</b>	
36867	Su Mar 4-May 6 4:00pm-5:00pm
36663	Su Jan 15-Feb 26 4:00pm-5:00pm

<b>Ages 8-14 yrs</b>	
36668	Tu Jan 10-Feb 21 6:30pm-7:30pm
36673	Th Jan 12-Feb 23 6:30pm-7:30pm
36678	Su Jan 15-Feb 26 4:00pm-5:00pm
36872	Tu Feb 28-May 1 6:30pm-7:30pm
36879	Th Mar 1-May 3 6:30pm-7:30pm
36871	Su Mar 4-May 6 4:00pm-5:00pm

### TAE KWON DO LEVEL 4

This is a continuation of our level 3 program. It is designed to prepare students to achieve their black-belt certification in Tae Kwon Do. Prerequisites: Recommendation from Instructor.

<b>Member \$48</b>	<b>Ages 4-7 yrs</b>
<b>Non-Member \$58</b>	
36661	Su Jan 15-Feb 26 4:00pm-5:00pm
36864	Su Mar 4-May 6 4:00pm-5:00pm

<b>Ages 8-14 yrs</b>	
36659	Tu Jan 10-Feb 21 7:30pm-8:30pm
36660	Th Jan 12-Feb 23 7:30pm-8:30pm
36662	Su Jan 15-Feb 26 4:00pm-5:00pm
36865	Tu Feb 28-May 1 7:30pm-8:30pm
36866	Th Mar 1-May 3 7:30pm-8:30pm
36863	Su Mar 4-May 6 4:00pm-5:00pm

## YMCA Soccer League, Grades K-6 Co-ed

The YMCA Spring Soccer League runs from the week of April 16 to the middle of June and will focus on skill development, the value of participation, fair play and family involvement.

There will be 1 practice and 1 game per week. Our teams are coached by YMCA volunteers. Parents are encourage to become involved as coaches or just to help out.

**Fees:** 97.00 includes Jersey

### Surrey Schools

#### SOCCER - GRADE K/1

Location	Code	Day	Dates	Time
David Brankin #1	37369	M	April 16 - June 14	6:00-7:00pm
David Brankin #2	37370	M	April 16 - June 14	6:00-7:00pm
Cindirch	37371	M	April 16 - June 14	6:00-7:00pm
M.B. Sanford	37372	M	April 16 - June 14	6:00-7:00pm
Ocean Cliff	37373	M	April 16 - June 14	6:00-7:00pm
Beaver Creek #1	37374	M	April 16 - June 14	6:00-7:00pm
Beaver Creek #2	37375	M	April 16 - June 14	6:00-7:00pm
Sunrise Ridge	37376	M	April 16 - June 14	6:00-7:00pm
Semiahmoo Trail	37377	M	April 16 - June 14	6:00-7:00pm
Lena Shaw	37379	M	April 16 - June 14	6:00-7:00pm
Fraser Wood	37381	M	April 16 - June 14	6:00-7:00pm
Martha Currie	37383	M	April 16 - June 14	6:00-7:00pm
Pacific Heights	37385	M	April 16 - June 14	6:00-7:00pm
Chantrell	37384	M	April 16 - June 14	6:00-7:00pm

#### SOCCER - GRADE 2/3

Location	Code	Day	Dates	Time
Cindrich	37339	Tu	April 17 - June 15	6:00-7:00pm
Lena Shaw	37341	Tu	April 17 - June 15	6:00-7:00pm
Martha Currie	37342	Tu	April 17 - June 15	6:00-7:00pm
Ocean Cliff	37343	Tu	April 17 - June 15	6:00-7:00pm
Sullivan	37344	Tu	April 17 - June 15	6:00-7:00pm
Beaver Creek	37346	Tu	April 17 - June 15	6:00-7:00pm
David Brankin	37347	Tu	April 17 - June 15	6:00-7:00pm
Semiahmoo Trail	37350	Tu	April 17 - June 15	6:00-7:00pm
Pacific Heights	37352	Tu	April 17 - June 15	6:00-7:00pm

### Langley Schools

#### SOCCER - GRADE K/1

Location	Code	Day	Dates	Time
Nicomekl #1	37331	M	April 16 - June 14	5:30-6:30pm
Nicomekl #1	37332	M	April 16 - June 14	5:30-6:30pm
James Hill	37333	M	April 16 - June 14	5:30-6:30pm
Alice Brown	37334	M	April 16 - June 14	5:30-6:30pm
Alex Hope	37335	M	April 16 - June 14	5:30-6:30pm
Belmont	37336	M	April 16 - June 14	5:30-6:30pm
Brookwood Sec	37337	M	April 16 - June 14	5:30-6:30pm
Peterson Road	37338	M	April 16 - June 14	5:30-6:30pm

#### SOCCER - GRADE 2/3

Location	Code	Day	Dates	Time
Nicomekl #1	37319	Tu	April 17 - June 15	5:30-6:30pm
Nicomekl #1	37320	Tu	April 17 - June 15	5:30-6:30pm
James Hill	37321	Tu	April 17 - June 15	5:30-6:30pm
Alice Brown	37322	Tu	April 17 - June 15	5:30-6:30pm
Alex Hope	37323	Tu	April 17 - June 15	5:30-6:30pm
Peterson Road	37324	Tu	April 17 - June 15	5:30-6:30pm
Belmont	37325	Tu	April 17 - June 15	5:30-6:30pm
Brookwood Sec	37326	Tu	April 17 - June 15	5:30-6:30pm

**VOLUNTEER COACHES NEEDED**



REGISTER ONLINE AT [WWW.MYYMCA.CA](http://WWW.MYYMCA.CA) OR CALL 604-575-9622

[www.surreymca.org](http://www.surreymca.org)