



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

**DISCIPLINE
LEADERSHIP
SELF-DEFENSE**

MARTIAL ARTS

**Tuesday & Thursday 7:00-8:00 PM
In the Rec Room
Ages 7 & up**

**Member \$50 for the month
Non Member \$70 for the month
Additional discounts for family members**



Instructor, Mike McDaniel is a black belt in Shaolin Kung Fu, and he is an instructor in Hung Ga Kuen. He has been involved in Martial Arts for over 15 years.

Contact Brooke Yanik, Fitness & Wellness Coordinator for more information.
ASHLAND AREA YMCA
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