

Don't miss out on the next 12 week session of Martial Arts and Tumbling at the YMCA! Registration is open for these programs and it is not too late for you to get in. Sign up now so you and your children can take advantage of the full 12 week session. Registration is open throughout the 12 week session. Registration after the 2nd full week will be prorated based on the number of weeks you will be able to take advantage of the program.

Martial Arts is more than just throwing punches and doing spinning kicks, it is a discipline of respect, courage, and fitness. Not just physical fitness but mental fitness as well. During the testing period, you watch youth from ages 5 and up, listen to commands in Korean and do the skill to almost perfection. It is not just about the athletic skills. Come in and watch or listen, you may even hear a 5 year old count to ten in Korean. Martial Arts Program starts on July 23rd. Sign up for Tuesday/Thursday sessions (\$95 for members/\$110 for non-members) or the Saturday sessions (\$45 for members/\$60 for non-members). We offer both novice and advanced classes, and encourage you to start looking for more information about adult Martial Arts classes this Fall!

Tumbling is not only learning cartwheels and mat routines, it is about flexibility, balance and building core strength as well as the friendships that are created between students. Tumbling starts on July 22nd. Novice and Advanced classes meet Mondays and Wednesdays. Both classes are \$75 for members/\$90 for non-members.

Scholarships are available based on financial need and can be picked up at the front desk. To learn more or sign up, visit the front desk at the YMCA, check out our website ([www.wcfymca.org](http://www.wcfymca.org)) or call 812-883-YMCA.