

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

martialarts



Columbia Association Martial Arts classes provide a progress-oriented experience that instill a positive attitude, build confidence and much more.

Children enjoy the Columbia Association Martial Arts program because it's fun. Parents have found that it helps instill discipline, self-respect and character development. For more information, please call **410-531-8927** or visit **ColumbiaMartialArts.org**.

Y T Beginner Class

Martial Arts price for an individual begins at \$100/month based on the class taken. Family discounts apply. Call 410-531-8927 for more information. Columbia Gym, ongoing
 Mon, 6-6:45pm
 Thu, 6:30-7:15pm
 Athletic Club, ongoing, Wed, 6-6:45pm
 Call John Bannon at 410-531-8927 for class times and date.
 Your child will enjoy a fun and progress-oriented experience that will instill a positive attitude, build confidence and self-esteem, develop character, promote the desire to learn, improve motivation and concentration and teach self-discipline and respect. Register at the front desk. Ask about monthly deduction plans.

Advanced and Intermediate

Call 410-531-8927 for information.
 A fun, progress-oriented experience that will instill a positive attitude, build confidence, develop character and teach safety skills.

E Family Class

Call 410-531-8927 for information.
 Ongoing 4-week sessions
 Columbia Gym, Thu, 7:15-8pm
 Register by calling 410-531-8927.
 Try this fun martial arts class with your child. *Ask about our free class!*

Y T Kung Fu Hip Hop

PPP Mbrs, \$55
 Club Mbrs, \$55
 CA Res Non-Mbrs, \$75
 Columbia Gym
 Thu, 4:30-5:30pm
 4-week sessions, ongoing
 Please call 410-531-8927 for more information. Ask about our special!
 Using a series of fundamental martial arts/dance and hip hop routines, this class will empower, tone and shape your mind, body and spirit.

Y Lil' Dragon Program

Half-Hour Session, Ongoing
 Martial Arts price for an individual begins at \$65/month based on the class taken. Family discounts apply. Call 410-531-8927 for more information.
 4-week sessions
 Columbia Gym • Mon, 5-5:30pm,
 5:30-6pm, 6:45-7:15pm
 Athletic Club • Wed, 5:30-6pm
 Supreme Sports • Sat, 11-11:30am
 The Lil' Dragon Martial Arts Program will prepare your child for life. Your children aged four to six years will learn discipline, cooperation and respect. Parents and siblings are invited to participate to provide their children with a comfortable family atmosphere. *For more information, call 410-531-8927.*

Y Tiny Dragons

Martial Arts price for an individual begins at \$65/month based on the class taken. Family discounts apply. Call 410-531-8927 for more information. Columbia Gym, ongoing, Mon 4:30-5pm
 Tiny Dragons martial arts program is for two and three year olds. Program focuses on balance, coordination, basic listening and motor skills through fun drills, games and activities.

Y T Chinese Kung Fu Martial Arts

Mbrs with DBS, \$50 per month
 Club Mbrs, \$55 per month
 CA Res Non Mbrs, \$60 per month
 4 week session, ongoing
 Fri, 6:30pm • Columbia Gym
 Call 410-531-8927 for more information.
 Fun and enriching classes designed for youth of all levels (first-time, beginner and intermediate) to develop coordination, balance, flexibility, strength, speed, discipline and self-confidence through learning Chinese martial arts skills.