

NOW AVAILABLE VIRTUAL TRAINING

LIVE MARTIAL ARTS CLASSES



IN PERSON classes also available!

ABOUT VIRTUAL TRAINING

- Virtual training is online Karate classes where students participate remotely using ZOOM.

WHATS NEEDED

- Students need a device with a camera.** A laptop/chromebook is best so that the student can see the instructor demonstrations. Even better is having students use their laptop/Chromebook connected to a TV so that the student can easily see the instructor while the instructor can see the student's whole body. A tablet or phone can work but are less desirable because of the screen size.

TRAINING SPACE

- The students should try to have a space so that they can do martial arts kicks and movements. It is important that the camera is setup in order to have a good view of the student. Many students use a family room or other open space in or around their home. It is preferable to minimize background noise.

TIMES

- Virtual classes have the same days/times as the regular Monday/Wednesday classes.** The first few minutes of each class starts together with both the in-person and online students hearing the same class plan and any announcements. After the first few minutes, online instructors take online students through their classes. We have top-notch instructors dedicated to online instruction.
- Students will have a private/semi-private first class to go over basics, some 101 training, go over their training space, Q&A, and discuss sizing and getting their uniform.

TWIN LAKES YMCA

Class Nights: Monday & Wednesday

CHASCO FAMILY YMCA

Class Nights: Tuesday & Thursday

CLASS	DESCRIPTION	TIME
Little Dragons	4-7 yrs	5:50 – 6:20 pm (1 class night)
Beginner	7+ yrs	6:30 – 7:10 pm (Both class nights)
Intermediate	Intermediate Level	7:20 – 8:05 pm (Both class nights)
Advanced	Advanced & 13+ yrs	8:15 – 9:00 pm (Both class nights)

JOINER FEE	LITTLE DRAGONS	BEG./INT./ADV.
Initial	\$110 (incl. helmet)	\$80

MONTHLY FEE	LITTLE DRAGONS	BEG./INT./ADV.
Y Member	\$45	\$72
Non-Member	\$58	\$96

» REGISTER ONLINE at ymcagwc.org or CALL 512-250-9622 «