



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARTIAL ARTS

STAFF CONTACTS

HVY – Randi Thurs Sports & Recreation Director P 830.5709 E rthurs@ymcafoxcities.org

NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- Please do not attend if you are healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- We will provide each member with a rag and sanitizer. We expect that you
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced at the Y.
- Staff volunteers, participants over the age of 5 and spectators will wear masks for programs held indoors.
- When children use supplies and equipment, they will be placed in a used bin to be disinfected before return for use.
- Programs have staggered schedules to limit crowds and crossover of participants and spectators
- Classes will have smaller numbers, yet enough to practice and compete.
- Additional safety protocols, specific to the program you are registering for, will be provided after registration in program.

HEART OF THE VALLEY

HEART OF THE VALLEY YMCA SCHOOL OF MARTIAL ARTS (AGES 7 YEARS-ADULT) (HVY)

The Heart of the Valley YMCA is now offering a full year program, with easy month to month payments, and registration for individual sessions is no longer needed. **YMCA Membership is required.**

Students for the following levels qualify for the School of Martial Arts:

Beginner- White, Camo and Yellow belts
Intermediate - Orange through Green/Blue belts
Advanced - Blue - Red/Brown belts
Brown Belts
Black Belts

Registration is available online and at the Heart of the Valley YMCA Member Service Desk. You can choose to pay monthly via credit card or bank draft, OR pay for the entire year. A uniform is required and can be purchased at the Heart of the Valley YMCA Member Service Desk. Coming from another school? Please contact Randi Thurs rthurs@ymcafoxcities.org for more information.

Fall Session 1: September 8-October 25, 2020

This is a working document and is subject to change.

UPDATED ON: AUGUST 12, 2020

Class name	YMCA	Age	Day	Start	End	Y Member Per Month Price
Martial Arts Beginners White, Camo and Yellow	HVY	7 years and older	T TH	5:00 PM	5:45 PM	\$42
Martial Arts Intermediate - Orange, Green Belts	HVY	7 years and older	T TH	6:00 PM	6:45 PM	\$42
Martial Arts Advanced - Blue, Red Belts	HVY	7 years and older	T TH	7:00 PM	7:45 PM	\$42
Martial Arts - Brown Belts	HVY	7 years and older	M W	5:00 PM	6:00 PM	\$54
Martial Arts - Black Belts	HVY	7 years and older	M W	6:30 PM	7:30 pm	\$54