

YOUTH PROGRAMS

13

MMA - Mixed Martial Arts

Join us for the most effective styles of martial arts, infused with lessons on character development. Students will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills – all while having fun! This is done through our structured curriculum. Students will focus on Boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program). **NOTE: No Class on October 31, November 28.**

Dates: Oct. 10 - Dec. 12

Day: Thursday

Time: 6:00 - 7:00 (5 - 11 years) 221208-02

7:00 - 8:00 (11 - 15 years) 231208-01

Instructor: Victory Family MMA

Location: Krueger Park Gym South

Min/Max: 8/20

Fee: \$114 Resident, \$119 Non-Resident