



# 2024 SPRING I SCHEDULE

February 26 to April 13



## Beginner Karate Classes

(Ages 6 to 17)

White Belt Beginners (Choose two classes to attend)	Mondays, Fridays, or Saturdays	3:40pm to 4:30pm 10:30am to 11:20am
White Belt 1 & 2 Stripes	Tuesdays & Thursdays	3:40pm to 4:30pm
Yellow & Orange Belts	Mondays & Fridays	4:40pm to 5:30pm

## Intermediate & Higher Belt Karate Classes

(Ages 7 and older)

Green and Blue Belts	Tuesdays & Thursdays	4:40pm to 5:30pm
Brown and Black Belts	Tuesdays & Thursdays	5:40pm to 6:30pm

## Teen & Adult Karate Classes

(Ages 13 and older)

Evening Class	Mondays & Fridays	5:40pm to 6:30pm
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## Lil Dragons Karate Classes

Lil'est Dragons (Ages 4 to 5) (Class limit of 10 students per class)	Saturdays	8:30am to 9:00am
Lil Dragons (Ages 5 to 6) (Class limit of 15 students per class)	Thursdays	3:10pm to 3:40pm
	Saturdays	9:00am to 9:30am 9:45am to 10:15am

## Extra Karate Classes

Bo Class (Orange Belts & Higher)	Wednesdays	3:40pm to 4:30pm
Tournament Team (Invitation only)	Wednesdays	4:40pm to 5:30pm

## Other Martial Arts Classes

(Ages 9 and older)

Jujitsu Class	Mondays & Thursdays	6:30pm to 7:30pm
Capoeira Class	Tuesday & Fridays	6:30pm to 7:15pm

**Spring I Registration Dates**  
Registration for AYCC Members or  
Currently Enrolled in the program  
begins on Feb 12  
Open Registration begins on Feb 19

## Sunday Morning Self-Defense Classes

Feb 25, Mar 10, 24, Apr 7  
9:30 AM to 10:30 AM

This self-defense course is for individuals  
that 14 years of age and older.

There is a class size limit of 26 students



Visit our website at  
[www.clubnahakaratedo.com](http://www.clubnahakaratedo.com)



**BELONG BELIEVE ACHIEVE**



## MARTIAL ART CLASS FEES

(All fees are for a seven week session)  
(Classes with an enrollment less than three will be canceled for the session)  
(Ask our welcome desk about our different membership options)

Lil & Lil'est Dragons	\$65.00 for members/\$75.00 for non-members
Youth Karate/Jujitsu/Capoeira	\$95.00 for members/\$110.00 for non-members
Teen Karate/Jujitsu/Capoeira	\$95.00 for members/\$110.00 for non-members Free Teen Karate, Capoeira, & Jujitsu with a Teen or Family Membership
Adult Karate/Jujitsu/Capoeira	\$110.00 for non-members Free Adult Karate, Intermediate & Higher Karate, Capoeira, & Jujitsu with an Adult, Senior, or Family Membership
Sunday Morning Self-Defense	\$40.00 for members/\$50.00 for non-members

Financial assistance is available!

**Club "NAHA" Karate-Do U.S.A.**

Boys & Girls Clubs and YMCA of Greater Waterville  
at the Alford Youth & Community Center  
126 North Street, Waterville, Maine 04901  
P: 207.873.0684 F: 207.861.8016 ClubAYCC.org

