



# Karate

Programs for all ages



Taught by  
Sensei John Fonseca  
world champion  
3 x US Olympic athlete  
of the year  
[www.FonsecaMartialArts.com](http://www.FonsecaMartialArts.com)



**YMCA**

2705 Techny Rd, Northbrook, IL 60062  
847-272-7250

## LITTLE DRAGONS

### AGES 3 - 6

Tuesday and Thursday 3:45 - 4:30

Saturday 11:00 - 11:45

The Little Dragons program will enhance positive development in a fun and motivating environment. Your child will build balance, coordination, self-control, and listening skills while learning age-appropriate karate basics like blocking, kicking and simple strikes.

These skills will be developed with Sensei Fonseca's positive and encouraging instruction.

## YOUTH / ADULT KARATE

### AGES 7 & UP

Tuesday and Thursday 4:45 - 5:30

Saturday 12:00 - 1:00

In this class, students will learn the blocks, strikes and techniques necessary to advance through the ranks of the traditional Japanese art of karate. Taught by World Champion Sensei Fonseca, students will be challenged towards their personal best and provided with the opportunity and experience to foster a strong belief in themselves. In addition to developing confidence, physical fitness, focus, self-defense, and safety skills, this class will introduce students to traditional Japanese language and culture while building respect for themselves and others.

## SPORT KARATE

### AGES 10 & UP

Tuesday and Thursday 5:30 - 6:30

Sport Karate is an exciting new class for all ages and levels. It is one of the most popular sports in the world, and one of the few sports in which there are no "benchwarmers." Every student can fully participate at their own pace. Regardless of whether you want to become a competitive athlete, learn self-defense techniques, or simply become more physically fit, this program will help you achieve your goal. A great class for kids and adults taught by America's most decorated male karate athlete.

Little Dragons Tues & Thurs (20 classes) \$144 YM / \$221 NM; Saturday (9 classes) \$65 YM / \$99 NM

Youth / Adult Karate Tues & Thurs (20 classes) \$144 YM / \$221 NM; Saturday (9 classes) \$75 YM / \$114 NM

Sport Karate Tues & Thurs (20 classes) \$166 YM / \$254 NM

Starts 3/31/08 and ends 6/08/08. No classes on 5/24/08 (Y is closed for Memorial Day)

Tuesday classes held in studio Y; Thursday classes held in studio NW; Saturday classes held in studio Multi-D

For more information, or to register, contact Debbie Lamberti-Spring 847-272-7250 ext.1220 or [dspring@nsymca.org](mailto:dspring@nsymca.org)