



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Shotokan Karate

SO MUCH MORE THAN SELF DEFENSE

PROGRAM DESCRIPTION: This program combines Japanese style Shotokan Karate with the Y's focus on youth development, healthy living, and social responsibility. Sensei Zeno Cnudde himself started at the Salinas Community YMCA at the age of 7 and has been committed to instructing an organized and structured class that requires students to train with sincere effort.

AGES: 10 & Older

DAYS AND TIMES: Monday, Wednesday
7:40 to 8:40 p.m.

Friday
6:40 to 7:40 p.m.

MONTHLY FEE: \$50/Facility Members
\$90/Program Member
\$120/Non Member



Financial assistance is available.

SEEK PERFECTION OF CHARACTER - BE
FAITHFUL - ENDEAVOR - RESPECT OTHERS -
REFRAIN FROM VIOLENT BEHAVIOR

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