



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOCKOUT FITNESS

CO-ED MARTIAL ARTS, ages 5-12
Fridays, June 26th – July 31st
Lund Martial Arts, 4602 Buffalo Road

The Y, in collaboration with Lund Martial Arts Academy, is offering a 6-week Martial Arts session at the new Lund Martial Arts School in Harborcreek. Participants will receive a uniform and be introduced to the discipline, technique, and skill of Martial Arts by trained instructors.

Registration begins May 18th.
Cost is \$30 members, \$60 nonmembers.

5-7 year olds:
Fridays, 5:30-6:15pm

8-12 year olds:
Fridays 6:15-7pm

2101 Nagle Road
Erie, Pa 16510
(814) 899-9622
www.ymcaerie.org

