Starting 10/4/2019!

AIKIDO

As an art of self-defense, Aikido is based on the non-violent resolution of conflict. Aikido techniques develop balance, awareness, and inner strength as well as the ability to remain calm, find alternatives to conflict, and protect yourself and others.

$25 per month

Friday’s

Youth

Ages 8 - 17 6:30 pm - 7:30 pm

Adults

Ages 18 and up 7:30 pm - 8:30 pm

Sessions begin the first Friday of the month.