

YOSEMITE RECREATION CENTER

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PARK PROUD LA

**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.