

AIKIDO

Study the Art of Peace

THE FOUNDER'S PHILOSOPHY

Aikido is a Japanese Budo (or Martial Way) developed around the middle of the 20th century by O-sensei Morihei Ueshiba based on his many years and training in the classical Martial Arts and defined by his ethical and philosophical beliefs. Aikido is an art based on the fundamental concepts of harmony or blending, inner power, and the purpose of developing the practitioner.

PROGRAM INFORMATION

Adults (18 yrs and above)

Members: \$20 per month

Program Participants: \$40 per month

Children (ages 6-17 yrs)

Members: \$15 per month

Program Participants: \$25 per month

The class meets twice per week as many classes as you wish to attend in a month.

Training Schedule

Children & Adults: Sunday 4:30-6:00 PM & Thursday 8:00-9:30 PM



For more information go to www.ymca-portland.org, select Health & Wellness and choose Clark County Family YMCA.