



2024 SUMMER SCHEDULE

June 17 to August 3



Beginner Karate Classes

(Ages 6 to 17)

White Belt Beginners (Choose two classes to attend)	Mondays, Fridays, or Saturdays	3:40pm to 4:30pm 10:30am to 11:20am
White Belt 1 & 2 Stripes	Tuesdays & Thursdays	3:40pm to 4:30pm
Yellow & Orange Belts	Mondays & Fridays	4:40pm to 5:30pm

Intermediate & Higher Belt Karate Classes

(Ages 7 and older)

Green and Blue Belts	Tuesdays & Thursdays	4:40pm to 5:30pm
Brown and Black Belts	Tuesdays & Thursdays	5:40pm to 6:30pm

Teen & Adult Karate Classes

(Ages 13 and older)

Evening Class	Mondays & Fridays	5:40pm to 6:30pm
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Lil Dragons Karate Classes

Lil'est Dragons (Ages 4 to 5) (Class limit of 10 students per class)	Saturdays	8:30am to 9:00am
Lil Dragons (Ages 5 to 6) (Class limit of 15 students per class)	Thursdays Saturdays	3:10pm to 3:40pm 9:00am to 9:30am 9:45am to 10:15am

Extra Karate Classes

Bo Class (Orange Belts & Higher)	Wednesdays	3:40pm to 4:30pm
Tournament Team (invitation only)	Wednesdays	4:40pm to 5:30pm

Other Martial Arts Classes

(Ages 9 and older)

Jujitsu Class	Mondays & Thursdays	6:30pm to 7:30pm
Capoeira Class	Tuesdays	6:30pm to 7:15pm

Summer Registration Dates
Registration for AYCC Members or
Currently Enrolled in the program
begins on June 3
Open Registration begins on June 10



Visit our website at
www.clubnahakaratedo.com



BELONG BELIEVE ACHIEVE

MARTIAL ART CLASS FEES

(All fees are for a seven week session)
 (Classes with an enrollment less than three will be canceled for the session)
 (Ask our welcome desk about our different membership options)

Lil & Lil'est Dragons	\$65.00 for members/\$75.00 for non-members
Youth Karate or Jujitsu	\$95.00 for members/\$110.00 for non-members
Teen Karate or Jujitsu	\$95.00 for members/\$110.00 for non-members Free Teen Karate, Capoeira, & Jujitsu with a Teen or Family Membership
Adult Karate or Jujitsu	\$110.00 for non-members Free Adult Karate, Intermediate & Higher Karate, Capoeira, & Jujitsu with an Adult, Senior, or Family Membership
Youth Capoeira	\$65.00 for members/\$75.00 for non-members
Teen Capoeira	\$65.00 for members/\$75.00 for non-members Free Teen Karate, Capoeira, & Jujitsu with a Teen or Family Membership
Adult Capoeira	\$75.00 for non-members Free Adult Karate, Intermediate & Higher Karate, Capoeira, & Jujitsu with an Adult, Senior, or Family Membership

Club Naha Karate-Do U.S.A.
 Boys & Girls Clubs and YMCA of Greater Waterville
 at the **Alfond Youth & Community Center**
 126 North Street, Waterville, Maine 04901
 P: 207.873.0684 F: 207.861.8016 ClubAYCC.org

