

AIKIDO

body, mind and spirit
for Kids & Teens

Winter 2010 After-School Aikido Program Jan 4th - March 25th

Traditional Aikido taught by Joel Posluns Sensei, (6th Dan) who is a Shido-in (Certified Examiner) of the United States Aikido Federation. **Tuition fees are \$200 for Children (6-12) and \$210 for Teens (13 -17) per 3 Month Semester (20% discount for siblings). Always with unlimited attendance!** Aikido is a classical Japanese Budo - "Martial Way" that originated with the fighting arts of the Samurai era. Aikido is non-competitive, emphasizing co-operation, body movement and focus.

Register and pay on-line at:

http://www.nsaikido.org/KIDS_REG.html

Make a secure and convenient payment using a PayPal account or any major credit card.



After-School Winter 2010 Semester
January 4th to March 25th
Mondays to Thursdays
Kids (6 to 12 years)

4:30-5:30 pm

Teen/Adult On-going Basics Class

7-8 am and 6-7 pm

North Shore Aikido
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www.nsaikido.org

Traditional Aikido offered by North Vancouver Aikikai which is a registered B.C. not-for-profit Society and a member of the United States Aikido Federation.