



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOUTH COUNTY FAMILY YMCA SPECIALTY CLASSES

---

### Price per Month

	<b>Member</b>	<b>Non Member</b>
<b><u>Youn Wha Ryu</u></b>		
Monday 6:00pm – 6:50pm	\$23	\$56
Saturday 9:15am – 10:05am	\$23	\$56
<b><u>Taekwondo</u></b>		
Tuesday 6:00pm-6:50pm	\$23	\$56
Friday 5:00pm – 5:50pm	\$23	\$56
Saturday 10:15am – 11:15am (Saturday team – Invitation only)	\$10	\$20
<b><u>Kids Karate</u></b>		
Wednesday 6:00pm – 6:50pm	\$23	\$56
<b><u>Boot Camp</u></b>	\$35/month	Not Available
Thursday 6:00-6:50pm		
<b><u>***Y Weight Challenge</u></b>	\$120/6 weeks	Not Available
Monday/Wednesday 5:30-6:30		
****Please call Diane Summers for scheduled dates. 314-849-9622 Ext 247		

<b>Class Name</b>	<b>Class Description: All classes are 50 minutes unless otherwise noted</b>
Y Weight Challenge	6-week transformation program with nutrition tips, exercise, coaching, progress check-ins, accountability and motivation. This small group is led by a personal trainer to offer what you need to achieve your goals!
Boot Camp	Not your average workout! Military style drills to work you hard and confuse the body. A total body workout.
Youn Wha Ryu  (Age 6 up)	Designed for any age 5 & up. Develops strength, flexibility & cardio while safely teaching effective self-defense techniques that include physical applications as well as mental and spiritual discipline. Opportunities to compete, learn various weapons and specialize in grappling & throwing. Classes are taught by certified instructors. Excellent for all the family! 50 min. class (Mon 6pm): Full members \$30 Non-members \$60 50 min. class (Sat 9:15am): Full members \$30 Non-members \$60
Taekwondo (age 5 up)	(Age 5 up) (50 min). Great for family members aged 5 and up. Taekwondo encourages respect for others and helps to improve balance, strength & flexibility. As you progress through the belts, you may be invited to join our Taekwondo team. Taught by certified instructors through the Kokiwan School in South Korea. \$30 (members) \$60 (non-members)
Kids Karate (Age 6 - 16)	(6-16 yrs.) Builds confidence, self-esteem & discipline. Teaches basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. 6th degree black belt instructor with over 30 years teaching experience. Certified through the American Council of Martial Arts. \$30 (members) \$60 (non-members)

12736 Southfork Rd • St Louis, MO 63128 • 314-849-9622 • ymcastlouis.org