

ISSHINRYU



JAMES W. WILSON YMCA

# YOUTH KARATE

Starting March 5th 2025:  
**Wednesdays:**

**Ages 4-8:**  
**5:30pm-6:15pm**

**Ages 9 & up:**  
**6:30pm-7:30pm**

**Member: \$45.00/mth**  
**Non-Member: \$60.00/mth**

Our classes are provided in a safe, ethical, and traditional environment that caters to all levels of experience. YMCA karate classes focus on a variety of skills and areas of personal growth, such as self-defense, self-confidence, personal discipline, respect for others and physical conditioning.

**REGISTER  
NOW!**



**James W Wilson YMCA**  
1445 Wilson Park Drive  
Montgomery, AL 36117

**CONTACT**

**Stanley Presley**  
spresley@ymcamontgomery.org  
(334) 356-8471  
Instructor: April Bickhaus  
aprilmistijones@yahoo.com

