Non-violent Martial Arts for the Whole Family

Instruction in Aikido for children ages 5-12 and their parents.

Aikido (*the way of spirit harmony*) develops the power of the mind and body working in concert and offers a constructive way for children and adults to use their energy more effectively. Experienced instructors provide training in a safe and supportive atmosphere.
Family classes teach kids and parents to resolve conflict without violence while building body awareness and coordination, teaching respect and discipline, fostering sensitivity and self-confidence, and having fun – without punching, kicking or screaming!

Lisa Smith-Rice (2nd degree black belt) has more than 20 years of experience teaching children's movement classes and is a certified assistant instructor in the Aikido Association of America.

Cost for 6 classes: $70.00/child.
Family rates available.
Parents are welcome and encouraged to participate with their children.
New students and visitors always welcome.

Saturdays
11:30 AM – 12:30 PM

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