

Martial Arts 2025



Fallbrook YMCA

Class Description | Karate

Youth Karate: The youth Karate class focuses on developing a child's physical skills, self-esteem, concentration and respect for others. Classes are challenging yet enjoyable for each child. All skill levels are welcome. Karate is for youth ages 5 and older.

Session Dates

PROGRAM NAME	DAYS OF THE WEEK	TIMES	MEMBER RATE	COMMUNITY MEMBER RATE
Karate	Tues & Thurs	6-7 pm	\$26	\$44
Advanced Karate	Tues & Thurs	7-8 pm	\$26	\$44

Registration Information

Lincoln YMCA Cancellation & Refund Policy

A cancellation form must be received by the YMCA by the last day of the month to cancel your martial arts registration. No refunds will be issued. It is your responsibility to notify the Lincoln YMCA of your intention to cancel in accordance with the cancellation policy. Fees are owed for classes whether you attended or not if the cancellation procedure was not completed.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.)

Pickup/Drop Off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/guardians are responsible for making arrangements to pick up their child on time.

Martial Arts Reminders:

- Community Member participants to sign in upon entry
- Use restroom prior to start of class
- Cleaning between classes
- Avoid physical contact when providing positive reinforcement
- Please stay home when ill

Questions, comments, or concerns? Please contact Lesley Swartz (402) 323-6443, lswartz@ymcalincoln.org

Frequently Asked Questions

How long are the sessions and how do I pay?

Martial arts classes are ongoing and renewed monthly until you cancel. All participants must pay monthly via direct draft from a Visa, Master card, Discover or American Express.

Uniforms

Uniforms are not required for beginners. If you are interested in purchasing a uniform, please talk to your instructor.

Testing

Testing is not mandatory but is an option. Instructors will give more details on testing opportunities.

YMCA Open Doors Financial Assistance

YMCA Financial Assistance is available for monthly fees only.

How do I cancel out of Karate?

If you decide to cancel, you will have to fill out the Karate cancellation form. The cancellation will take effect the following month. Monthly payments will continue to be withdrawn from your account until a completed cancellation form is received.

Visit ymcalincoln.org for more information.