

# Children's and Teen Classes in Aikido



A friendly, supportive and enjoyable training environment for children and teens of all physical abilities.

Students are welcome at any time to observe or try out a class.

**Lead Instructor:** Julie Bennett

**E-Mail:** [sensei@sierra-aikido.org](mailto:sensei@sierra-aikido.org)

**Website:** [sierra-aikido.org](http://sierra-aikido.org)

**Address: Gold's Gym Annex**

1400 North Shoreline, Mt. View  
Near the No. Shoreline exit on Hwy. 101.  
The Annex is at the back end of the  
Gold's Gym parking lot. Map on website.

<b>Program</b>	<b>Grade Level</b>	<b>Day</b>	<b>Time</b>	<b>Monthly Dues</b>
<b>Elementary School Program</b>	1 <sup>st</sup> to 6 <sup>th</sup> Grade	Saturday	11:30 to 12:30	\$50
<b>Middle &amp; High School Program</b>	6 <sup>th</sup> to 12 <sup>th</sup> Grade	Saturday	12:30 to 1:30	\$75
	High School Age	Saturday	1:30 to 2:30	
	6 <sup>th</sup> to 12 <sup>th</sup> Grade	Wednesday	5:30 to 6:30	
	High School Age	Wednesday	6:30 to 7:30	
	6 <sup>th</sup> to 12 <sup>th</sup> Grade	Friday	5:30 to 6:30	
	High School Age	Friday	6:30 to 7:30	

We can be flexible to meet special needs. Please contact us at [sensei@sierra-aikido.org](mailto:sensei@sierra-aikido.org).