



Aikido of Central New York

Chief Instructor: Sensei Jonathan Reid, 6th Dan, Shidoi

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Schedule of Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
			9:00am: Low-Impact Aikido			
6:00pm: Adult Mixed Rank	5:30pm: Aikido Youth Class	6:00pm: Adult Mixed Rank	5:30pm: Aikido Youth Class	5:15pm: Aikido Weapons	11:00am: Adult Mixed Rank	10:00am: Adult Beginners Class
7:15pm: Adult Advanced Class						

- **Adult Mixed Rank:** Mixed rank adult classes for ages 15+ in the traditional martial art of Aikido.
- **Aikido Youth Class:** Aikido techniques and conditioning for ages 4-14. These 45 minutes classes emphasize focus, discipline, confidence, and self-defense.
- **Aikido Weapons:** The only traditional Japanese kenjutsu training in CNY! We train primarily with Bokken (sword), Jo (short staff), or Tanto (knife). For adults ranked 5th Kyu or above.
- **Adult Beginners Class:** These classes are more closely focused on basic Aikido movements and techniques, with opportunities for additional individual practice.
- **Low-Impact Aikido:** Basic Aikido movements and techniques are taught without falls. Flowing movement is stressed, and basic falls are taught for safety based on individual ability.
- **Adult Advanced Class:** This class is open to Yudansha and Yukusha ranked 2nd Kyu and above.

Tuition Information (Questions? Please ask Sensei)

Adults: \$149.00/month (6 days/week) | **Youth:** \$119.00/month | (20% discount for each additional member of the family!)