



## Five Element Martial Arts & Healing Center

*Learn in a safe and supportive environment. All levels, All Ages, All Genders WELCOME!*

**SEE COVID 19 SAFETY PRACTICES BEFORE ATTENDING IN PERSON CLASSES**

**PLEASE ARRIVE 15 minutes before Class start time**

### **Classes for Kids & Families**

*Little Elements-(Girls & Boys age 4-7)*

**WEDNESDAYS 4:30-5:15 pm**

*Family Class (All genders 8 and up)*

**WEDNESDAYS 5:30-6:30 pm**

### **Adult Beginners**

*(All genders 8 and up)*

**WEDNESDAYS 6:30-7:30 pm**

### **Advanced Students**

*(Invitation only)*

**MONDAYS 6:45-7:30pm**

### **Tai Ji & Qigong Class**

*(All genders-13 and older)*

**MONDAYS 5:30-6:30 pm**

### **Iaido-Traditional Japanese Sword**

*(All genders-13 and older)*

**TUESDAYS 7:00-8:00 pm**

**WEDNESDAYS 6:45-7:30 pm**

### **Self Defense Courses: for Women & Girls 13 and older**

**TBA-MONDAYS 6:00-8:00 PM in March/July/November**

*Tuition: \$45 to \$120 per month/sliding scale per student (+25 per year annual insurance)*

*Senior 60+/Student/Family of 3 or more: rate \$30 per month per student*

*Scholarships available upon request*

**FIVE ELEMENT MARTIAL ARTS & HEALING CENTER-is a 501c3 non-profit organization**

For More Info or to Pre-REGISTER ONLINE go to: [www.femamartialarts.org](http://www.femamartialarts.org)