



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/Sign in 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 5:30-6:30 pm

(Zoom available during this time)

Advanced Students

(Invitation only)

MONDAYS 6:45-7:30pm

Tai Ji & Qigong Class

(All genders-12 and older)

MONDAYS 5:00-6:15 pm

Iaido-Traditional Japanese Sword

(All genders-12 and older)

TUESDAYS 7:00-8:30 pm (ZOOM)

WEDNESDAYS 6:45-7:30/8 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