



Martial Arts

2012

Contact Information

Anh Nguyen
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 anguyen@ymcalincoln.org

Day & Time

Hapkido	Monday	15 & Up	7:00 pm - 8:00 pm
Tae Kwon Do	Monday	All Ranks	6:00 pm—7:00 pm
	Wednesday	Orientation class*	6:00 pm—6:30 pm
	Wednesday	Beginner	6:30 pm - 7:30 pm
	Wednesday	Advanced	7:30 pm - 8:30 pm
	Friday	Orientation class*	6:00 pm—6:30 pm
	Friday	Beginner	6:30 pm - 7:30 pm
	Friday	Advanced	7:30 pm - 8:30 pm

Fees

Fees are monthly and are on a direct draft process.

Hapkido	Y Member	\$9	Y Non-Member	\$18
Tae Kwon Do	Y Member	\$20	Y Non-Member	\$40

Class Descriptions on back.

Registration Information

Lincoln YMCA Cancellation & Refund Policy

A written notice 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 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.).

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts

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.



Northeast Y

Hapkido

Hapkido or “way of unifying spirit”, is a dynamic Korean martial art. It specifically emphasizes self-defense techniques based on three cardinal principles: Circular Motion, Water or Harmony and Non-resistance. Training in Hapkido is available to anyone 13 years and older. Hapkido is designed to defend close combat, using joint locks, pressure points and other dynamic techniques. Hapkido is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Tae Kwon Do

Tae Kwon Do is the official martial art of Korea. The literal translation of Tae Kwon Do is: Tae (kick), Kwon (punch), Do (way).

Tae Kwon Do is based on the premise of peace through strength of mind, body and spirit. Its emphasis is of the foot over the use of the hand in defending oneself and is internationally renown for its vertical and horizontal jumping techniques. Tae Kwon Do is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Frequently Asked Questions

How long are the sessions & How do I pay?

Martial art classes are ongoing and renewed monthly until you cancel. All participants must pay monthly via direct draft from a checking, savings, Debit/Visa or Master card account.

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.

Orientation classes

The orientation class is for all ages 6 to adult at no cost. All students must attend at least 4 orientation classes before joining the beginner class or at the instructor’s discretion.

YMCA Personal Pricing

YMCA Personal Pricing available for monthly fees only.

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225