



# MARTIAL ARTS

# AIKIDO CLASSES

6+ YEARS - ADULTS

This program is run by Falls Road Aikido

Director: Christina Heffner, riverofki@gmail.com, 508-284-2910

These classes help our students grow into confident and grounded individuals who have a deep appreciation for how to become leaders in any given situation. Colored belts are used to indicate rank, but promotion is not the goal. Instead, dedication is placed on helping each other grow into unshakable, loving human beings who could keep oneself and an attacker from getting hurt if the need would arise. We practice hard with the intention of creating harmonious resolutions while developing self-esteem, integrity, self-discipline, focus, cooperation, and goal setting.

## CLASS SCHEDULE

<b>COPPERMINE FIELD HOUSE</b>		<b>1400 COPPERMINE TERRACE BALTIMORE, MD 21209</b>						
<b>CLASSES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	
<b>KIDS CLASS</b> (6-12 Years) with Sempai Mikey Bliss & Sempai Rance Denton 45 Minutes - \$240 for 12 Weeks	5:00pm							
<b>ADVANCED KIDS CLASS</b> (6-12 Years) with Sempai Cara-Michele Nether (Founder) 45 Minutes - \$240 for 12 Weeks			5:00pm					
<b>ADULT CLASS</b> (13+ Years) with Sempai Cara-Michele Nether & Sempai Peter Smith \$95 Per-Month for Unlimited Classes - \$15 Drop In Note: Weapons Class is held once a month from 9am-12pm	6:00pm (1.5 Hrs)		6:00pm (2 Hrs)				10:00am (2 Hrs)	

**REGISTER NOW!**

[WWW.FALLSROADAIKIDO.COM/PRICING](http://WWW.FALLSROADAIKIDO.COM/PRICING)