

IMPORTANT! KEEP THIS ALL SEASON!



Aikido

Join FVSRA in the powerful Japanese martial art of Aikido. It is non-competitive, non-aggressive and non-tournament based. With over 25 years of experience, the instructor will teach participants how to redirect an aggressor's force with well-timed, flowing and circular movement. **The goals of this program are to increase flexibility, self-confidence and self-defense knowledge.**

Program Leader:	Kevin Bradley
Program Liaison:	Alex Redenius alexr@fvsra.org
Location:	Boulder Point, Oswego
Date(s):	Wednesdays, Feb 8-May 9
No Program Dates	Apr 11
Time:	7:30pm-8:00pm
Program Code:	312-1071-0-2

Location	Pick Up	Drop Off
If meeting at the Site,	7:30pm	8:00pm

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments, etc).

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