

**Who can attend:** Classes are open to anyone age:

5 to 7	Children class
8 to 13	Youth class
14 and up	Adult class

No particular background or physical fitness required. People with a significant medical condition require a note from their physician.

**Teacher:** Yves Boudreau, M.D. is a member of the International Yoseikan Budo Federation. He studied at the University of Ottawa Aikido Club with Kaoru Sugiyama Sensei and at the Academy of Martial Arts Yoseikan in Ottawa with Patrick Auge Sensei.

He presently holds a shodan level (first degree black belt) in Yoseikan Budo.

**Classes:** Classes are held at the Dojo of the

North Carolina Yoseikan Budo, LLC  
220 North Poston Street  
Shelby, NC  
28150  
(704) 472-0944

**Fees:** Fees are due prior to participating at the beginning of each month:

Children class -	\$25.00/month
Youth and Adults -	\$50.00/month

**Schedule of Classes:**

**Children: ages 5 to 7**

Saturday 8:00 - 9:00 a.m.

**Youth: ages 8 to 13**

Tuesday 4:30 - 5:30 p.m.

Thursday 4:30 - 5:30 p.m.

**Adults: ages 14 and up**

Tuesday 6:00 - 7:00 a.m.

Tuesday 5:45 - 7:30 p.m.

Thursday 5:45 - 7:30 p.m.

Saturday 7:00 - 8:00 a.m.  
Intermediate level

Beginners are expected to attend two classes per week.