



## GRIFFIN AIKIDO CLUB BALZERS



### Beginner Aikido Kids Class – Fall 2023

#### DESCRIPTION:

Aikido is a non-competitive martial art. Children's classes are designed for participants to work on their motor skill development, mental focus, observation and self-discipline in addition to developing an inherent respect for those around them using a combination of games and aikido basics.

Parents are welcome to participate.

More information on the club and classes can be found online at [GAC.li](http://GAC.li)

**AGES: 5-12 years** (younger possible, please inquire)

10+ have the option to participate in regular aikido classes

**WHERE: Turnhalle, Balzers**

**TRAINING SCHEDULE: Kids Class, Saturdays @ 08:30-09:20**

Regular Aikido Class - Saturdays @ 09:30-10:30

**PARTICIPATION OPTIONS: Beginner Aikido Kids Class - 60 CHF - 8 Classes**

Walk-ins Welcome.

---

#### AIKIDO KIDS SIGN-UP

Email or text the following form or information to Sara Crawford at:

+423 791 22 52 or [crawford@gac.li](mailto:crawford@gac.li)

Child Name \_\_\_\_\_ Child Birthdate \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Zipcode \_\_\_\_\_

Email address \_\_\_\_\_

Participation in:

- ☐ Trial Training
- ☐ Beginner Aikido Kids Class (Fall 2023)
- ☐ Membership