

NEW PROGRAM

The Art of Peace

Aikido ***For Children***

Petaluma Academy of Martial Arts is excited to announce a new Children's Class. Aikido is a non-competitive martial art, known as the "Art of Peace" for its conflict resolution qualities.

Playful, Fun & Safe Classtime Activities Promote:

Movement

Presence

Cooperation

Respect

Class Schedule, beginning Tues, Feb 4th:

Ages 4 - 6: Tues & Thurs 4:00 - 4:30

Ages 7 -12: Tues & Thurs 4:30 - 5:00

Cost: (1) Group Class per Week: \$75 monthly

(2) Group Classes per Week: \$110 monthly



A note from the Instructor, Linda Morris, Aikido Black Belt

I have been training at Aikido of Petaluma with Sensei Bob Noha for over 16 years, and learning more all the time. There are so many layers yet to be discovered. My degree from UCSF is in Organizational Behavior. My love of children comes naturally, as a mother of two and grandmother of six. Teaching children Aikido is a joyful endeavor. I look forward to the fun we will have playing and learning together.



PETALUMA ACADEMY OF MARTIAL ARTS

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