

## **Lynch/van Otterloo YMCA** **Martial Arts Program Information**

Welcome to the Lynch/van Otterloo YMCA's martial arts program! We are excited to have the continued excellence of instructors Victoria Demarco and Dennis Esposito. This program offers youngsters through adults the chance to learn martial arts.

Victoria Demarco has been working at the YMCA for over 30 years. She has been involved in the martial arts since 1974, and pioneered "For Kids Only" classes on the North Shore. Victoria is a former New England Black Belt Women's Forms, Board-Breaking and Sparring Champion, and has promoted over 100 women, and men and youths to black belt.

Teaching the martial arts is Victoria's full-time profession, and she currently has programs in Beverly, Marblehead, Manchester, Peabody, Topsfield, Ipswich and Wenham. She has taught an accredited course at Gordon College since 1992. She is the founder, director and chief instructor of Safe Harbor Family Martial Arts.

Our martial arts programs introduce students to top areas of training such as *Artistic Forms*, competitive (but safe) *Point-Sparring*, and at a higher level, dynamic *Board-Breaking* and *Self Defense*. All skills are taught through a series of structured drills, but with a "Fun and Fitness" approach appropriate to the age level of the group.

Martial arts is a great tool to help develop fitness skills such as *flexibility, strength, balance and coordination*, along with the mental skills of *discipline, control, respect, cooperation, confidence, responsibility and accountability*.

Most participants in our after-school-programs "stick with it" for at least one school year, although many chose to continue to achieve higher belt levels. This class is a good *stepping-stone* to the coveted rank of Black Belt but is primarily meant to be an enjoyable art for both students and parents.

The YMCA offers the opportunity for students to test for advancement in rank 3 times a year; October, February, and June. All testing is held at The Safe Harbor North studio in Topsfield on a Saturday during the above months. Instructors will give parents plenty of notice early in the program session of the specific date. All testing fees are separate from tuition. The YMCA will offer a van to transport children to and from the testing site. Please let Sports Director, Emily Hudak know if your child would like to use this service.

The Lynch/van Otterloo YMCA offers classes each program session on Tuesday afternoons. Please check the YMCA program guide for complete program descriptions and fees.

- 3:00pm- Preschool Martial Arts (Ages 4-6)
- 4:00pm- Beginner Martial Arts (6 years & up)
- 4:00pm- Martial Arts I (6 years & up)
- 5:00pm- Martial Arts II (6 years & up)
- 7:30pm- Martial Arts for Teens & Adults (16 years & up)

Safe Harbor North offers additional programming at other locations. YMCA students are welcome to make up any missed classes at no additional charge in other Safe Harbor programs. Please let Victoria know if you plan on making up a class. Her phone number is 978-578-3939.

For questions, please contact YMCA Sports Director Emily Hudak at 781-990-7044 or [hudake@northshoremca.org](mailto:hudake@northshoremca.org). Safe Harbor is located at 414 Boston Street, Topsfield, MA 01983 or online at [www.safeharbortsd.com](http://www.safeharbortsd.com).