

# Martial Arts & Gymnastics

## Shasta County

### YMCA Karate

**Location: 1155 N. Court St. Redding, CA**  
**(530) 246-9622**

Age	Day	Time	Cost
Youth Karate Ages 5-12	Tuesday/Thursday	6:30-7:30pm	Member: \$20/mo. Non-Member: \$35/mo.
Teen/Adult Ages 13+		7:30-8:45pm	Member: \$25/mo. Non-Member: \$45/mo.

### Redding Tae Kwon Do

**Location: 2295 Hilltop Dr. #10**  
**(530) 221-7297**  
[reddingtkd@yahoo.com](mailto:reddingtkd@yahoo.com)

Age	Day	Time	Cost
4-6	Monday/Wednesday or Tuesday/Thursday	3:30-4pm	Call for pricing
7-13 (white to orange belt)	Monday/Wednesday or Tuesday/Thursday	4-4:50pm	
7-13 (green to brown belt)	Monday/Wednesday or Tuesday/Thursday	4:50-5:40pm	
7-13 (Sr. brown to black belt)	Monday/Wednesday or Tuesday/Thursday	5:40-6:30pm	
Ages 13+	Monday/Wednesday	6:30-7:20	

### Premier Martial Arts Academy

**Location: 4440 Shasta Dam Blvd. Shasta Lake, CA**  
**(530) 275-3938**

Students will learn self-defense techniques and martial arts including: boxing Muay Thai, Judo, and wrestling. Boys and girls train together during 60 minute classes.

Age	Day	Time
5-12 years	Monday-Thursday	4:30-5:30pm

## Redding Jujitsu Academy

Location: 3029 Bechelli Ln. Redding, CA  
(530) 223-2435

Age	Day	Time	Cost
3-6	Thursday	6-7pm	\$40/mo.
6-14	Monday Saturday	5-6:45 10-12	\$45/mo.
14+	Monday/Thursday Saturday	7-9pm 10-12	\$55/mo.

## YMCA Gymnastics

Location: 1155 N. Court St. Redding, CA  
(530) 246-9622

Class	Age	Day	Time	Cost
Gymnastics/Dance	7-10 (girls)	Mondays	3-3:45	Member: \$15/mo. Non-Member: \$25/mo.
Preschool Gymnastics	3-5	Tuesdays	11:30-10:15	
Gymnastics	4-6	Tuesdays	4-4:45	
Gymnastics	7-9	Wednesdays	4-4:45	
Parent & Me Gymnastics	1-4	Thursdays	10:30-11:15	

## Gymnastics Open Gym

Galaxy Gymnastics: 910 Wall St. Redding, CA (530) 222-4496

Adventure Recreation Center: 2250 Barney Rd. Anderson, CA (530) 365-2235

Location	Day	Time	Age	Cost
Galaxy Gymnastics	Tuesday/Thursday	8:30-9:30am	Under 5	\$5
	Friday/Saturday	9-10am	Under 5	\$5
	Saturday	10:30-12:30	5-14	\$10
Adventure Recreation Center in Anderson	Tuesday/Thursday/ Friday	10-noon	All ages	\$5 per two hour session
	Saturday	1-3pm	All ages	