



Aikido Program: Aikido is a form of martial arts that is beneficial to participants of all ages including children, youth, adults, and seniors. Aikido training develops flexibility, relaxation, strength without aggression, and is a vibrant integration of body, mind, and spirit. It provides a great recreational activity for the whole family! The Aikido Program is now in its fifth year of operation in Bruderheim.

*We are located at Bruderheim Community Hall.
For more information on current schedules, fees, and registration, please contact:*

*Cynthia Willis @ 780-796-0008 or
Katrina Pretty @ 780-895-2460*