



**MOVE
FOR KIDS' SAKE**



**Big Brothers
Big Sisters.**
OF VENTURA COUNTY

AIKIDO

Tuesday, May 6 | 4:30pm-5:30pm
BBSVC Ventura Youth Room
3301 E Main St. (2nd floor)

Bigs and Littles are invited to join an introductory Aikido class, hosted by Ventura Aikido.

Aikido, a modern Japanese martial art, is often described as "the way of unifying with life energy."

Come dressed in comfortable or athletic clothing.

RSVP with your Match Support Specialist, or email info@bbsvc.org