



Kingston  
**AIKIDO**

# Sunday, April 11th

Welcomes...



**Alex Vieira**  
4th Dan, Fukushidoin

**Karen DePaola**  
5th Dan, Shidoin

from Skylands Aikikai

Please join us for this special afternoon of training. All affiliations are welcome.  
**Mat fee: \$30**

Seminar Schedule	
2-5 pm	Aikido
5:15 pm	Pot Luck Dinner

Kingston Aikido  
410 East Chester Street  
845 679 0509  
info@kingstonaikido.com  
www.kingstonaikido.com

Map and Directions on the back...

**Directions from NY Route 87 Thruway:**

Take exit #19 (about 100 miles north of NYC, 50 miles south of Albany.) Then follow signs for "587" and "28" to Kingston and Broadway, heading east out of the traffic circle. (It's the third right off the circle.)

When you get to the light, go left onto Albany Ave, and follow signs for route 32. After you go up the hill on Flatbush Ave., you will come to a light. Make a right at the light (after the Rite Aid pharmacy) onto East Chester street. Our sign and driveway will be on your left after about 200 yards.

**Directions from Kingston-Rhinecliffe Bridge:**

GO over the bridge and take the first exit. Turn left at end of ramp onto 32 toward Kingston. Go straight, through a few lights, left at the Rite-Aid/Hess intersection, onto East Chester street. Our sign and driveway will be on your left after about 200 yards.

**Directions from Mid-Hudson bridge (9W):**

Cross bridge and take 9W north, past Highland, Esopus, and come through Port Ewen. After Port Ewen continue straight, until 9W meets route 32. Go left onto 32/9W towards Kingston. Go left at the light at the Rite-Aid/Hess intersection, onto East Chester street. Our sign and driveway will be on your left after about 200 yards.

