



FAMILY TAE KWON DO

MARCH 20TH - MAY 1ST

(6 WEEK SESSION)*

MONDAYS & WEDNESDAYS

*NO CLASS ON THE FOLLOWING DAY: MONDAY, APRIL 22ND



LIL' DRAGONS/ BEGINNING	INTERMEDIATE	ADVANCED
AGES: 5 AND UP	AGES: 5 AND UP	AGES: 5 AND UP
6:30PM - 7:15PM	6:30PM - 7:30PM	6:30PM - 7:50PM
RATES:	RATES:	RATES:
\$50 MEMBER	\$55 MEMBER	\$60 MEMBER
\$60 NON-MEMBER	\$65 NON-MEMBER	\$70 NON-MEMBER

SAVE \$10 OFF FOR EACH ADDITIONAL FAMILY MEMBER

THIS CLASS IS DESIGNED TO INTRODUCE THE BASICS OF THE ART OF TAE KWON DO, EMPHASIZING DISCIPLINE, RESPECT, CONCENTRATION, AND PHYSICAL FITNESS & COORDINATION. SELF DEFENSE IS ALSO LEARNED THROUGH VARIOUS STRIKING & BLOCKING TECHNIQUES DEVELOPING CONFIDENCE AND SELF ESTEEM.

*DRESS COMFORTABLY WITH LOOSE FITTING CLOTHES, SUCH AS SWEATS

*UNIFORMS ARE AVAILABLE - SEE INSTRUCTOR FOR MORE DETAILS



CLASS IS TAUGHT BY:

PAUL ANTOLIN

5TH DEGREE BLACK BELT MASTER INSTRUCTOR

CERTIFIED THROUGH THE WORLD TAEKWONDO FEDERATION

TEACHING MARTIAL ARTS FOR OVER 30 YEARS

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