

# Little Kickers Tae Kwon Do (Preschool TKD)

Tae Kwon Do has a foundation built upon courtesy, integrity, self control and perseverance, physical activity with mental exercises. Give your child a strong foundation for lifelong fitness and self respect! Register today!

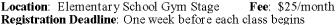
#### Tues/Thurs

Dates: September 11, 13, 18, 20, 25, 27

October 2, 4, 9, 11, 16, 23, 25, 30 (No class 10/18) November 1, 6, 8, 13, 15, 20, 27, 29 (No class 11/22) Class Code: F2100 Class Code: F2101 Class Code: F2102

Time: 6:00-6:30 pm Time: 6:00-6:30 pm **Time:** 6:00-6:30 pm

Instructor: Jamie Soine



## Central lakes Tae Kwon Do (Ages 6-Adult)

Are you looking for a physical activity that can help your child gain confidence, physical fitness, discipline, concentration, and is fun? Tae Kown Do (TKD) may be the answer! TKD helps increase speed, strength, coordination, and concentration as well as teaches practical self-defense skills. TKD Students learn integrity, respect, courtesy, and self-control while participating in a good exercise program that actually helps build self-confidence and self esteem. TKD also helps strengthen and tone muscles, improves flexibility, increases cardiovascular fitness, coordination, and can help control weight. This is an activity that is meant to be life long. Belt promotions are done throughout the year. Additional

costs for testing nights and equipment are not included in the class fee.



Tues/Thurs

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Youth Beginner Time: 6:00-7:00 p.m. Class Code: F2103 Class Code: F2104 Class Code: F2105

Youth Advanced Time: 7:00-8:00p.m. Class Code: F2106 Class Code: F2107 Class Code: F2108

Time: 8-9:00p.m. Class Code: F2109 Class Code: F2110 Class Code: F2111

Class Fee: \$45/Month Location: Elementary School Gym Stage

\*\*Family Discounts Available (\$5 discount per each additional family member) Min: 5 Max: 35

**Registration Deadline**: You can join TKD anytime throughout the year. **Instructor**: Jamie Soine

### Paynesville Youth Wrestling

#### Where CHAMPIONS are made on & off the mat.

Pre K-6th Grade

An inexpensive winter activity.

\$40 registration fee includes the use of a singlet,

admission to tournaments, & FREE T-shirt,

Open House & Registration

Monday, November 26, 2018

High School Cafeteria

6 p.m. Registration 6:30 p.m. Meeting & Practice

Individual & Team Opportunities!



For more information contact: Kelly Rue ~ 320-248-5588

Jason Mages ~ 320-212-2801

