



YOUTH & ADULT

Little Kickers Tae Kwon Do (Preschool TKD) (Ages 4-5)

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!



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

Tues/Thurs
Time: 6:00-6:30 pm
Time: 6:00-6:30 pm
Time: 6:00-6:30 pm

Location: Elementary School Gym Stage **Fee:** \$25/month
Registration Deadline: One week before each class begins

Min: 5 **Max:** 12

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 Kwon 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.



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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)

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

Ages 14 and Up
Time: 8-9:00p.m.
Class Code: F2109
Class Code: F2110
Class Code: F2111

Class Fee: \$45/Month ****Family Discounts Available (\$5 discount per each additional family member)**
Location: Elementary School Gym Stage **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

JUST FOR KIX

DANCE!

JOIN THE FUN!
Register now!

Dance classes for all ages 3 years-12th grade!

Kick • Jazz • Hip Hop

Meet and Greet
Thursday, September 6th
6:00-7:30pm
@ Paynesville Lutheran Church

Jess Karsch-Strassburg
(320) 309-3019
paynesville_mn@justforkix.com

www.justforkix.com/danceclasses