

YOUTH

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: December 4, 6, 11, 13, 18, 20 January 3, 8, 10, 15, 17, 22, 24, 29, 31 February 5, 7, 12, 14, 19, 21, 26, 28	Class Code: W2100 Class Code: W2104 Class Code: W2108	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 you and 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.



Tues/Thurs December 4, 6, 11, 13, 18, 20 January 3, 8, 10, 15, 17, 22, 24, 29, 31 February 5, 7, 12, 14, 19, 21, 26, 28	Youth Beginner Time: 6:30-7:30 p.m. Class Code: W2101 Class Code: W2105 Class Code: W2109	Youth Advanced Time: 7:30-8:30p.m. Class Code: W2102 Class Code: W2106 Class Code: W2110	Ages 14 and Up Time: 7:30-8:30p.m. Class Code: W2103 Class Code: W2107 Class Code: W2111
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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

Grades 9-12 Free Fitness Center Membership



Now all Paynesville Area High School Grade 9-12 students have access to a Free Paynesville Fitness Center Membership.

Even if you are not a student athlete you now have Free Access during staffed hours to our facility.

Start this new year off on the right foot and get your workout started today!

If you have any questions about this benefit please contact Matt Dickhausen at 243-7570. Otherwise just stop into the fitness center during staffed hours - **Monday-Friday - 3:00 PM - 7:00 PM.**



Community Open Gym

Paynesville Area High School & Middle School Gym will be open for public use on Sundays beginning October 8. Participants may play basketball or other indoor games depending on space & participation. If bad weather check out our website for cancellations. **Elementary students must be accompanied by an adult.** Limited number of basketballs provided.

Dates: Sundays, October 7-March 17
No Open Gym December 2, 23, 30, Feb 3, 10
Time: 6:00-8:00p.m.
Location: High & Middle School Gyms
Fee: \$1/ per person



Go to www.PaynesvilleCE.com to register and for more info!