

YOUTH & ADULT

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 10, 12, 17, 19, 24, 26

October 1, 3, 8, 15, 22, 24, 29 (No class Oct 10, 17, 31)

November 5, 7, 12, 14, 19, 21, 26 (No class 11/28)

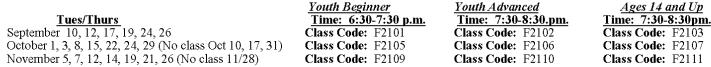
Time: 6:00-6:30 pm Class Code: F2100 Class Code: F2104 Time: 6:00-6:30 pm Class Code: F2108 **Time:** 6:00-6:30 pm

Location: Elementary School Gym Stage Fee: \$25/month **Min**: 5 Registration Deadline: One week before each class begins 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.

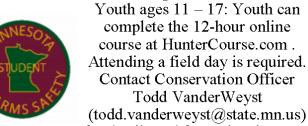


**Family Discounts Available (\$5 discount per each additional family member) Class Fee: \$45/Month

Location: Elementary School Gym Stage Min: 5 Max: 35

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

Firearms Safety Certification for Youth **On-Line Option**



for details and for registering your child for a field day before they complete the online course. Field Day will be the 28th of September.

Requirements:

*Youth ages 11 and older can attend a firearms safety certification course and receive their certificate. The Firearms Safety Certificate becomes valid at age 12.

*Student must bring and present at the training their printed field voucher indicating completion of the online program from HunterCourse.com



Register soon, classes begin in September! We are more than just GREAT KICKS!

Program Director - Jess Karsch-Strassburg 320-309-3019

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