



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!



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)

Class Code: F2100

Class Code: F2104

Class Code: F2108

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.



Tues/Thurs

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)

Youth Beginner

Time: 6:30-7:30 p.m.

Class Code: F2101

Class Code: F2105

Class Code: F2109

Youth Advanced

Time: 7:30-8:30pm.

Class Code: F2102

Class Code: F2106

Class Code: F2110

Ages 14 and Up

Time: 7:30-8:30pm.

Class Code: F2103

Class Code: F2107

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



Firearms Safety Certification for Youth On-Line Option



Youth ages 11 – 17: Youth can complete the 12-hour online course at HunterCourse.com . Attending a field day is required. Contact Conservation Officer

Todd VanderWeyst

(todd.vanderweyst@state.mn.us)

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



DANCE!

Join the FUN! Come and see what Just For Kix is all about!

Our Meet and Greet will be held on September 5th from 6:00-7:30pm at Paynesville Lutheran Church.

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

JUST FOR KIX

Program Director - Jess Karsch-Strassburg
320-309-3019
paynesville_mn@justforkix.com
www.justforkix.com/danceclasses/paynesville-mn