

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.



*Masks will be required as according to the current mandate.

*Parents will not be allowed to stay in the school per school Covid policies.

	Youth Beginner	Youth Advanced	Ages 14 and up
Tues/Thurs	6:30-7:30 PM	7:30-8:30 PM	7:30-8:30 PM
March 2,9,11,16,18,23,25,30	Class Code: SP2101	Class Code: SP2102	Class Code: SP2103
April 1, 8, 13, 15, 20, 22, 27, 29	Class Code: SP2105	Class Code: SP2106	Class Code: SP2107
May 4, 6, 11, 13, 14, 18, 20, 25, 27	Class Code: SP2109	Class Code: SP21010	Class Code: SP2111

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

Location: Elementary School Gym Stage **Min:** 5 **Max:** 25

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