



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!



Tues/Thurs

Dates: January 4, 6, 11,13, 18, 20, 25, 27
February 1, 3, 8, 10, 15, 17, 24

Class Code: W2104
Class Code: W2108

Time: 6:00-6:30 pm
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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

January 4, 6, 11,13, 18, 20, 25, 27
February 1, 3, 8, 10, 15, 17, 24

Youth Beginner

Time: 6:30-7:30 p.m.
Class Code: W2105
Class Code: W2109

Youth Advanced

Time: 7:30-8:30p.m.
Class Code: W2106
Class Code: W2110

Ages 14 and Up

Time: 7:30-8:30p.m.
Class Code: W2107
Class Code: W2111

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



Drivers Education Classroom Training



DRIVERS ED
LESSONS FOR THE ROAD OF LIFE

This 30-hour course is a prerequisite to obtaining a Minnesota Driving permit. Students will run through a battery of tests, which will prepare them to take the state offered permit test. Students must have all 30 hours of class attendance. Class limit is first 50 students in with

registration & fee. You must include students middle name & birth date on registration.

Students should be 15 by July 1st, 2022 to take this session.

****March 7 Parent/Guardian needs to be present from 5:30-7:00 PM for a special Project Impact Training Seminar—This is a State of MN requirement.**

Dates: March 7,8,9,10,11,14,15,16,17,18 **Class Code:** SP3500 **Instructor:** Mr. Ron Fuchs

Time: 3:20 p.m.-6:20 p.m

Please note - **March 7—Parent/Guardian must attend from 5:30 pm—7:00 PM

Fee: \$99 Early Bird Rate By Feb 21 /\$109 Regular Price

Location: Paynesville Area High School Seminar Room #115

Registration Deadline: February 28



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