

Tae Kwon Do Classes

Tae Kwon Do is a great way to become physically fit and develop self-defense skills. Classes, taught by a staff of certified black belt instructors, incorporate all ages and levels of expertise. **Parents are asked not to remain in the gym after the first class.** A uniform fee of \$25.00 (includes white belt) and a belt promotion fee of \$10.00 is paid directly to the instructor. **Introductory Class** (white and yellow belts) – Introduces the beginning student to the basic blocks, punches, kicks, and fundamental techniques along with a variety of stretching exercises. **Intermediate/Advanced Class** (Green, blue, purple, & red, black belts) – Teaches the use of techniques in combination. Non – contact sparring and patterned movements are introduced.

All Sessions:

Instructor(s): *Wanda Daniele, Steve Day,
Donald Cyr, & Doug Bowen*

Day: Thursdays

Ages: 6 - 12

Location: MLS gym

Fee: \$80/\$90 NR

Level	Time
Introductory	5:00 - 5:45 pm
Intermediate	5:45 - 6:30 pm
Advanced	6:30 - 7:30 pm

Session	Dates	Course #
1	5/7 - 7/2	94-229
2	7/9 - 9/3	11-243