



YOUTH & RECREATION

MARTIAL ARTS

UPDATED: October 12, 2021

Register
Online
NOW

STAFF CONTACT

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FALL SESSIONS: FALL 1: AUGUST 31 - OCTOBER 14
FALL 2: OCTOBER 26 - DECEMBER 16 (No class Nov 23 & 25)

COVID-19 INFORMATION

- Please monitor your children/family for symptoms of COVID-19. Your child should stay home if any symptoms are observed.
- Participants 5 -11 years old and non-vaccinated individuals **are strongly advised to always wear a facemask in our facility in all locations.**
- Enhanced cleaning and disinfecting procedures in place. Equipment is disinfected between rotations and/or between every class.

TAE KWON DO (AGES 7 AND UP)

Olympic style Tae Kwon Do/Karate teaches kicks, blocks, punches, forms, sparring and discipline. Advanced students will learn self-defense techniques. World Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program. Uniform required and can be ordered at first class.

DAYS: Tuesdays and Thursdays

TIME: 6:45-7:45PM

Location: All Purpose Room

FEE:

Y Members: \$45 (7 weeks, 14 classes)

General Public: \$87 (7 weeks, 14 classes)



TAE KWON DO is Family Friendly! We encourage families to participate together.

TAI CHI (AGES 13 AND UP)

Study this ancient Chinese form for balance, strength, relaxation and health. No uniform required. *Tai Chi* is considered a highly effective exercise for mind and body health. Exercises are designed to improve muscular strength, flexibility, and fitness.

DAYS: Mondays

TIME: 6:30-7:45PM

Location: All Purpose Room

FEE:

Y Members: \$27 (7 weeks)

General Public: \$70 (7 weeks)