



YOUTH & RECREATION

MARTIAL ARTS

UPDATED: August 1, 2022

Register
Online
NOW

STAFF CONTACT

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FALL REGISTRATION INFORMATION

- YMCA Member Registration: Monday, August 1st
- General Public Registration: Monday, August 15th

COVID-19 INFORMATION

- Please monitor your children/family for symptoms of COVID-19. Your child should stay home if any symptoms are observed.

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.

FALL SESSION 1 TKD ONLY: Sept 13-Oct 20

FALL SESSION 2 TKD ONLY: Nov 1-Dec 15 (no classes Nov 22 & 24)

DAYS: Tuesdays and Thursdays

TIME: 6:45-7:45PM

Location: All Purpose Room

FEE: Y Members: \$40 (6 weeks, 12 classes)

General Public: \$77 (6 weeks, 12 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.

FALL SESSION 1: Sept 6-Oct 23

FALL SESSION 2: Oct 24-Dec 18 (no classes Thanksgiving Week)

DAYS: Mondays

TIME: 6:15-7:45PM

Location: All Purpose Room

FEE: Y Members: \$29 (7 weeks)

General Public: \$74 (7 weeks)