



# YOUTH & RECREATION MARTIAL ARTS

UPDATED: May 4, 2022

Register  
Online  
NOW

## STAFF CONTACT

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## COVID-19 INFORMATION

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

**SUMMER SESSION 1 TKD ONLY: June 7-July 14**

**SUMMER SESSION 2 TKD ONLY: July 26-Sept 1**

**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)

This program is not running in the summer sessions.