



Tae Kwon Do

Tae Kwon Do is a modern martial art based on Korean traditions that incorporate the techniques of kicking, punching, and blocking. Learn self defense and controlled movements through sparring. This is a great class to develop discipline, strength, stamina, & flexibility, and of course have fun! Join at anytime—the fee will be pro-rated! Please wear comfortable clothing. Testing and uniforms are available for an extra fee through the instructor; Mr. Bill Frauly, 3rd DAN black belt, WTF. www.TotalTKD.com

Dates: SUMMER Session - (Mon's) - June 15- Aug..10
 (NO class June 29)
 (Mon's & Wed's) - June 15- Aug.. 12
 No class on: June 29 or July 1



Parks and Recreation
www.blaineparks.com

Location: Sunnyside Park Building

<u>Ages 5-7 & Parent</u>	<u>Ages 8-12</u>	<u>Ages 13 & up (adult)</u>
Mondays	Mondays & Wednesdays	Mondays & Wednesdays
6:15PM -6:45 PM	6:45 PM-8:00 PM	8:00 PM-9:15 PM
\$30 per Parent/child per session	\$60 per person per session	\$60 per person per session

Tae Kwon Do is a workout for the mind as well as the body, focusing on self-defense, physical & mental fitness, and self discipline. Classes are tailored to each individual student to promote a fun, healthy workout in a friendly, encouraging, and safe environment.

Not sure if you want to join? Stop by during any scheduled class to check it out!



