



# KICK THINGS UP WITH MARTIAL ARTS

Reduce stress, increase productivity,  
and build self-confidence



## Taekwondo

Develop self-discipline, endurance, coordination and self-confidence through the practice of taekwondo, zendokwon and kick boxing. Students are able to participate in local tournaments. Ages: 8 and older or with instructor's approval.

### Session 1

Tue	1/10-2/14	6:30-8 p.m.
1051.101	by 1/4	\$32/\$36
	on 1/5	\$42/\$46
Tue/Thur	1/10-2/16	6:30-8 p.m.
1051.102	by 1/4	\$60/\$64
	on 1/5	\$70/\$74
Thur	1/12-2/16	6:30-8 p.m.
1051.103	by 1/6	\$32/\$36
	on 1/7	\$42/\$46

### Session 2

Tue	3/7-4/11	6:30-8 p.m.
1052.101	by 3/1	\$32/\$36
	on 3/2	\$42/\$46
Tue/Thur	3/7-4/13	6:30-8 p.m.
1052.102	by 3/1	\$60/\$64
	on 3/2	\$70/\$74
Thur	3/9-4/13	6:30-8 p.m.
1052.103	by 3/3	\$32/\$36
	on 3/4	\$42/\$46

For questions about martial arts programs, call 303-289-3762.

