



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET FOCUSED STAY FIT FUEL YOUR ENERGY

## Tae Kwon Do NORFOLK FAMILY YMCA Fall and Winter Sessions



Tae Kwon Do is a Martial Art for both children and adults, designed to build self discipline, increase self confidence, and physical conditioning. Tae Kwon Do enhances self-esteem by heightening your physical and mental skills. Learn self-defense and train to recognize situations in which physical self-defense may be necessary and how to control such situations to your advantage. Strengthen your mind and body with increased physical coordination and mental discipline. We offer many levels to help the beginner get started and the experienced to work toward the mastery of their skills.

Tiny Tot Tae Kwon Do: Ages 5-7	6:00-6:30 pm	<b>Fee:</b> Member \$24, Non-Member \$48
White & Yellow Belts: Ages 8 & Up	6:30-7:30 pm	<b>Fee:</b> Member \$48, Non-Member \$96
Orange Belt & Higher: Ages 8 & Up	6:30-8:00 pm	<b>Fee:</b> Member \$72, Non-Member \$144
Adult Tae Kwon Do: Ages 18 & Up	7:00-8:00 pm	<b>Fee:</b> Member \$24, Non-Member \$48

**Youth Classes:** Tuesdays & Thursdays

**Adult Classes:** Wednesdays

**Dates:** Session 1—Youth: August 22nd - October 12th

Adult: August 23rd - October 11th

Session 2—Youth: October 17th - December 19th

Adult: October 18th - December 13th

**Registration Deadline is one day before classes start!! Get registered early before classes fill!**

**Norfolk Family YMCA**  
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