



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DEVELOPING YOUR CHILD'S POTENTIAL

HEALTH & WELL-BEING & FITNESS

Lil' Dragons

Tae Kwon Do

**The Mission of the YMCA
is to put Christian Principles
into practice through programs
that build healthy spirit, mind
and body for all.**

ANKENY FAMILY YMCA

1102 North Ankeny Blvd, Ankeny, IA 50023

P 515 965 8800 F 515 965 7901 www.dymca.org





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Lil' Dragons Tae Kwon Do

Developing the potential of your child, while teaching them Tae Kwon Do, is our commitment to you. Equipping and coaching young children in the life long skills of listening, cooperation, healthy living choices, confidence, goal-setting and self-defense are what make this program so special. What a great way to give your child a fun, safe activity that teaches them much more than just the moves and activities of a Tae Kwon Do class. Have your children share in the fun!

Who

Boys and Girls 4-7 years of age

When

Monday & Wednesday: 6:00-6:30 p.m.

Sessions:

April 29-June 23, 2012

Where

Monday & Wednesday – Northview Balcony

Contact

Julie Shelquist at julie.shelquist@dmyymca.org
or 515-965-8303, ext. 119

Member Fee

\$25

Non-Member

\$50



Additional Info:

At the Y, kids have the opportunity to make friends, have fun, get active and discover who they are and what they can achieve. Come and try a week of TKD classes at any time during the session; we would love to have you!

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