



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

FOCUS SELF DISCIPLINE ACHIEVE

HEALTH, WELL-BEING & FITNESS 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
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Tae Kwon Do

People of all ages and walks of life are benefiting from the discipline, tradition and self-defense skills being taught in our Tae Kwon Do classes. You will find the instructor and class atmosphere positive and family oriented. Participants are discovering this class to be a great way to work out as a family.

Who

Men, Women, Boys and Girls 7 years and older

When

Monday & Wednesday

White Belt: 6:30-7:15 p.m.

Junior Intermediate Color Belt (Yellow, Green): 7:15-8:15 p.m.

Advanced Color Belt (Blue and above): 7:15-8:15 p.m.

Saturday

White Belt & Junior Intermediate Color Belt (Yellow, Green): 11:00 a.m. – 11:45 am

Advanced Color Belt (Blue and above): 11:45 am-12:30 pm

Sessions

April 29-June 23, 2012

Where

Monday & Wednesday: White & Junior Intermediate Belts-Northview Balcony
Advanced Color Belts-Multi Purpose Room

Saturday: White & Color Belts-Aerobic Studio

Contact

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

Member Fee

All Belts - \$45

Non-Member

All Belts - \$90



Additional Info:

This class brings families together to grow, have fun and get active. Come try out our TKD classes at any time during the session, we would love to have you!