



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAE KWON DO

Your family can have fun and grow together while learning integrity, perseverance, and self-control. You will also receive resources and guidance to maintain or improve physical activity and wellness.

AGES

5-99 years old

DAY

Tuesdays and Thursdays

TIME

Beginner: 5:30p-6:30p (Conference Room C)

Advanced: 6:30p-7:30p (Group Exercise Studio)

LOCATION

Advanced- Group Exercise Rm

CONTACT

Anthony (Jazz) Abreu at 515-471-8510 or anthony.abreu@dmymca.org

MEMBER RATE

Beginner: Free / Advanced: \$30/Session

NON-MEMBER RATE

Beginner : \$40/ Advanced: \$60/Session

SESSION START DATES

November 1

Wellmark YMCA

501 Grand Ave Des Moines, IA 50309

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