



Tuesdays and Thursdays  
@ 6 p.m.  
Doling Aerobics Room

# Beginning & Advanced Tae Kwon Do

Build self-confidence,  
learn self-defense, achieve  
new skills and make new  
friends. Beginners and  
advanced welcome.

## Session Dates

Session 1: Jan. 12-Feb. 4  
Session 2: Feb. 9-Mar. 4  
Session 3: Mar. 9-Apr. 1  
Session 4: Apr. 6-Apr. 29

\$30/Member,  
\$40/Non-Member

For ages  
5 yrs and up