

Tae Kwon Do

Tae Kwon Do is a modern martial art based on Korean traditions that incorporate the techniques of kicking, punching, and blocking. Learn self defense and controlled movements through sparring. This is a great class to develop discipline, strength, stamina, & flexibility! Join at anytime-the fee will be pro-rated! Please wear comfortable clothing. Testing and uniforms are available for an extra fee through the instructor; Mr. Bill Frauly, 3rd DAN black belt, WTF. www.TotalTKD.us

Dates: September 16 to December 4
(No classes November 25 & 27)

Location: Sunnyside Park Building
750 Cloverleaf Parkway



City of Blaine

*Parks and
Recreation*

Ages 5-7 & Parent

Mondays

6:15 PM-6:45 PM

\$45 per Parent/child resident

\$50 per Parent/child non-resident

Ages 8-12

Mondays & Wednesdays

6:45 PM-8:00 PM

\$75 resident

\$83 non-resident

Ages 13 & up (adult)

Mondays & Wednesdays

8:00 PM-9:15 PM

\$75 resident

\$83 non-resident

Tae Kwon Do is a workout for the mind as well as the body, focusing on self-defense, physical & mental fitness, and self discipline. Classes are tailored to each individual student to promote a fun, healthy workout in a friendly, encouraging, and safe environment. Not sure if you want to join? Stop by during any scheduled class to check it out!



