

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Karate Tae Kwon Do





Starting January 2019
NEW Class Days and Times

To Register: Visit Member Services

Dates: Ongoing

Monthly Fee:

\$57 for the First Month

\$52 per Month

For More Information Contact:

Jen Zagrodzki, Sports Coordinator

520.229.9001 x 115

jenniferz@tucsonymca.org

| Level: | Time: |
|---------------------------------------|--|
| 4-5 years old Starting Jan 2019 | Tuesday 5:00pm-5:30pm Thursday 5:00pm- 5:30pm |
| Beginner | Tuesday 5:30pm— 6:30pm |
| White | Friday 5:00pm —6:00pm |
| Intermediate | Tuesday 5:30pm— 6:30pm |
| Yellow | Friday 6:00pm— 7:00pm |
| Advanced 1 | Tuesday 6:30pm— 7:30pm |
| Green | Friday 6:00pm-7:00pm |
| Advanced 2 | Tuesday 6:30pm-7:30pm |
| Blue | Thursday 5:30pm- 6:30pm |
| Advanced 3 | Tuesday and Thursday |
| Red and above | 6:30pm- 7:30pm |
| Adult | Tuesday and Thursday 7:30pm- 8:30pm |

STRENGTH, AGILITY, CONTROL