



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Adult and Youth Taekwondo

Taekwondo will assist participants in gaining flexibility, strength and skill, while incorporating discipline and control into the workout. Students will learn martial arts techniques as well as self-defense maneuvers. Taekwondo is appropriate for youth in Kindergarten through Adult, regardless of previous skill or aerobic ability.

## Tuesdays

Youth Class - Lower Ranks (6-13 yrs. old)

White, Orange, Yellow Belts

**6:15-7:00pm (Gym)**

Youth Class - Higher Ranks (6-13 yrs. old)

Camo through Black Belt

**7:00-7:45pm (Gym)**

Adult Class (13 yrs. old and up)

**7:45-8:30pm (Gym)**

## Instructor: LeRoy Lout

-ATA Certified

-3<sup>rd</sup> Degree Black Belt

-24 yrs. Martial Arts experience

## Assistants: Danny Wolfgram

-3<sup>rd</sup> Degree Black Belt

-14 years' experience

## Brian Johnson

-2<sup>nd</sup> Degree Black Belt

-9 years' experience

## Marilyn Privratsky

-1<sup>st</sup> Degree Black Belt

-5 years' experience

## Payment Options:

REGISTER AT THE MEMBER SERVICES DESK OR ONLINE AT [www.aberdeenymca.org](http://www.aberdeenymca.org)

**Monthly rate due on the 1<sup>st</sup> Tuesday of the month**

### Monthly Rate:

YMCA member \$12/month

Non-member \$24/month

### 3-Month Rate: (June-July-Aug)

YMCA member \$30

Non-member \$65

## Summer Special!

### 5-Month Rate: (Jan-May)

YMCA member \$55

Non-member \$115

\*will pro-rate until April 6

Questions?

Contact Terrill Meier

[tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)

605-225-4910