



Revised: January 2026

# 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 (Studio 1)**

Youth Class - Higher Ranks (6-13 yrs. old)  
Camo through Black Belt  
**7:00-7:45pm (Studio 1 & 2)**  
Adult Class (13 yrs. old and up)  
**7:45-8:30pm (Studio 1 & 2)**

### Instructor: LeRoy Lout

-ATA Certified  
-3<sup>rd</sup> Degree Black Belt  
-28 yrs. Martial Arts experience

### Assistants: Brian Johnson

-2<sup>nd</sup> Degree Black Belt  
-13 yrs. Martial Arts experience

### Josh Falken

-2<sup>nd</sup> Degree Black Belt  
-8 yrs. Martial Arts 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 \$15/month  
Non-member \$30/month

Questions?

Contact Terrill Meier  
[tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)  
605-225-4910

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

YMCA member \$65

Non-member \$140

\*will pro-rate until March 1st

### **School Year Rate: (Sept-May)**

YMCA Member \$117  
Non-member \$252

### **Yearly Rate: (Sept-Aug)**

YMCA Member \$156  
Non-member \$336

Uniforms sold

here

\$35 size 000-4

\$40 size 5-7