



Revised: January 2026

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 (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
- 3rd Degree Black Belt
- 28 yrs. Martial Arts experience

Assistants: **Brian Johnson**

- 2nd Degree Black Belt
- 13 yrs. Martial Arts experience

Josh Falken

- 2nd Degree Black Belt
- 8 yrs. Martial Arts experience

Joseph Nepodal

- 8th Degree Orange Belt
- 3 months Martial Arts experience

Payment Options:

REGISTER AT THE MEMBER SERVICES DESK OR ONLINE AT www.aberdeenymca.org

Monthly rate due on the 1st Tuesday of the month

Monthly Rate:

YMCA member \$15/month
Non-member \$30/month

Questions?

Contact Terrill Meier

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