



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOCKOUT FITNESS

CO-ED YOUTH TAEKWONDO
Fridays, March 6-27th
EASTSIDE YMCA

Come join Matt Luebbert, a 2nd Degree Black Belt, for an instructional 4-week Taekwondo session. Participants will be introduced to the discipline, technique, and skill of Taekwondo. Registration begins February 10th. Cost is \$20 members, \$40 nonmembers

6-8 year olds:

Fridays, 6:00-6:45pm, March 6-27th

9-12 year olds:

Fridays 7-7:45pm, March 6-27th



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