

ATLANTIC TAEKWON-DO



GET FIT. GET FOCUSED. GET ENROLLED.

**BEGINNER
SPECIAL**
\$129.95
+TAX

Includes 2 months of membership
and the Taekwon-Do uniform

Classes:

- ☉ Youth & Adult (Age 7+)
- ☉ Little Dragons (Age 4-6)
- ☉ Self Defense Clinics
- ☉ Bully Proofing

Benefits:

- ☉ Improved Physical Fitness
- ☉ Improved Concentration
- ☉ Build Self Confidence
- ☉ Build Self Esteem
- ☉ Reduced Stress



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Call Today For Details → 902-835-7111

21 Glen Arbour Way, Hammonds Plains, NS | www.atlantictaekwondo.com

ATLANTIC TAEKWON-DO



YOUTH & ADULT

Our Youth & Adult program is designed for ages 7+ which allows for individuals to join and also for families to train together.



LITTLE DRAGONS

Our Little Dragons program is designed for ages 4 - 6 to develop discipline, confidence and courteous social skills.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:20am	<p>Youth & Adult (Age 7+) Little Dragons (Age 4-6)</p>					Youth & Adult White Belts
9:30am - 10:20am						Youth & Adult Yellow & Green Belts
10:30am - 11:20am						Youth & Adult Blue, Red, Black Belts
11:30am - 12:15pm						Little Dragons Group II
12:30pm - 1:15pm						Little Dragons Group III
5:30pm - 6:20pm	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Little Dragons Group I	
6:30pm - 7:20pm	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts	Youth & Adult Yellow & Green Belts	Youth & Adult White Belts		
7:30pm - 8:20pm	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts	Youth & Adult Blue & Red Belts	Youth & Adult Blue, Red, Black Belts		
8:30pm - 9:20pm	Youth & Adult Black Belts	Private Lessons	Youth & Adult Black Belts	Private Lessons		