



YOUTH & RECREATION MARTIAL ARTS

UPDATED: July 31, 2023

Register
Online
NOW

STAFF CONTACT

Amy Fox, Health & Wellness Director, P 715.952.9303 E afox@spymca.org

Taylor Marten, Sports & Recreation Director, P 715.952.9354 E tmartens@spymca.org



FALL REGISTRATION INFORMATION

- YMCA Member Registration: Monday, August 7th
- General Public Registration: Monday, August 21st

TAE KWON DO (AGES 7 AND UP)

Olympic style Tae Kwon Do/Karate teaches kicks, blocks, punches, forms, sparring and discipline. Advanced students will learn self-defense techniques. World Tae Kwon Do Federation Certified belt level testing is an ongoing part of the program. Uniform required and can be ordered at first class.

FALL SESSION 1 Sept 18-Oct 28

FALL SESSION 2 Nov 6-Dec 22

DAYS: Tuesdays and Thursdays

TIME: 6:45-7:45PM

Location: All Purpose Room

FEE: Y Members: \$42 (6 weeks, 12 classes)

General Public: \$84 (6 weeks, 12 classes)



TAE KWON DO is Family Friendly! We encourage families to participate together.

TAI CHI (AGES 13 AND UP)

Study this ancient Chinese form for balance, strength, relaxation and health. No uniform required. *Tai Chi* is considered a highly effective exercise for mind and body health. Exercises are designed to improve muscular strength, flexibility, and fitness.

FALL SESSION 1 Sept 5-Oct 21 (7 weeks)

FALL SESSION 2 Oct 22- Dec 16 (7 weeks) * No class the week of Thanksgiving

DAYS: Mondays

TIME: 6:15-7:45PM

Location: All Purpose Room

FEE: Y Members: \$32 (7 weeks)

General Public: \$64 (7 weeks)