



# YOUTH & RECREATION MARTIAL ARTS

UPDATED: October 4, 2023

Register  
Online  
NOW

## STAFF CONTACT

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## FALL REGISTRATION INFORMATION

- YMCA Member Registration: Monday, August 7<sup>th</sup>
- General Public Registration: Monday, August 21<sup>st</sup>

### 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)