

TWISTERS



TAE KWON DO

TAE KWON DO LESSONS FOR CHILDREN

Tae Kwon Do helps students develop positive values such as respect, focus, self-discipline and self-control. It also builds self-esteem and confidence, increases strength and flexibility and promotes an overall healthy lifestyle. The values and life skills that Tae Kwon Do teaches can be applied to all areas of life including home, school, work and play.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:15 - 3:00	LN - Beg	LN - Beg	LN - Beg	LN - Beg	LN - Beg	9:15 - 9:45 am LN - Int
3:00 - 3:45	LN - Int	LN - Adv	LN - Int	LN - Adv	LN - Int	9:45 - 10:15 am LN - Adv
3:45 - 4:30	White - Orange	Gold - Purple	White - Orange	Gold - Purple	White - Orange	10:15 - 11:00 am Purple - Green - Blue
4:30 - 5:15	Green - Blue	Brown - Brown I	Green - Blue	Brown - Brown I	Green - Blue	11:00 - 11:45 am Brown - Brown I
5:15 - 6:00	Red - Red I	Red/Black	Red - Red I	Red/Black	Comp & Demo (invite only)	11:45 - 12:30 am Red - Red I - Red/black

Schedule effective beginning, Monday, June 14, 2010.

Little Ninjas - Beg: (LN - Beg) White Ninja, Orange Ninja, Gold Ninja
Little Ninjas - Int: (LN - Int) Purple Ninja, Green Ninja, Blue Ninja, White I Ninja
Little Ninjas - Adv: (LN - Adv) Brown Ninja, Red Ninja, Black Ninja
Beginner: White, Orange, Gold
Intermediate: Purple, Green, Blue
Advanced: Brown, Brown I, Red, Red I, Red/Black, Black belt

Rules:

- Students must arrive 5-10 minutes early.
- If more than 15 minutes late, student cannot take class. Twisters Policy
- Full uniform must be worn unless specified by instructor or if weather is over 90
- Students can choose to wear a shirt underneath uniform, but it must be either a solid white or Twisters TKD shirt
- Girls are required to wear a shirt underneath uniform.
- No food allowed upstairs
- Students are required to bring covered bottled drinks.
- When class is over, students is required to wait inside the Sports Center until parents pick them up. Twisters Policy.
- Uniform should be clean at all times. No exceptions.
- No jewelry or watches allowed.

No make-ups necessary! You may attend any class that is at your level or lower (anything higher must have instructor's approval)

1. i.e. a beginner may attend as many beginner classes within a given week, but he / she cannot attend an intermediate or advance class unless approved by instructor.
2. i.e. Intermediate may attend as many intermediate classes within a given week as well as beginning classes. If taking a beginning class, the class will only be taught the beginning curriculum only so it will be a brush up on mastering the techniques. But he/she cannot attend a advance class unless approved by instructor
3. i.e. Junior classes also applies, if a Blue belt, they can attend their regular (Green-Blue) class as well as any lower ranking class (such as Gold - Purple belt class) to brush up on old material that's needed for their test but he/she cannot attend a (Brown - Brown I) class or higher unless approved by instructor.



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Tae Kwon Do Class Information

Trial Class

3 trial classes per student.

First trial class is one-on-one with the instructor.

Second trial class is one-on-one with the instructor to demonstrate what they remembered,

if shows potential then proceed to the third & final trial which is in a class environment during regular class time.

Make-Ups

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Annual Membership (Required)

Individual	Family
\$50.00	\$75.00

Prices / Family Discount Rates (Prices effective August 31st, 2009)

Level	Regular Monthly Fee	Monthly Fee with Autobilling
Beginner Ages 4 - 7	\$77.00	\$72.00
2nd Member Ages 4 - 7	\$69.30	\$64.30
Beginner Ages 8 and Up	\$98.00	\$93.00
2nd Member Beginner Ages 8 and Up	\$88.20	\$83.20
Intermediate	\$106.00	\$101.00
2nd Member Intermediate	\$95.40	\$90.40
Advanced	\$113.00	\$108.00
2nd Member Advanced	\$101.70	\$96.70

Testing

Attendance at a test is mandatory. As you progress in your skills, you will be awarded belt stripes in class. When you accumulate five stripes you become eligible to test for the next colored belt. All tests must be paid for prior to the test. If you cannot make the given test date, please inform the instructor prior to set up a private test.

Belt Changes	\$30.00
Red Belt	\$40.00