



LIVINGSTON  
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

# Tae Kwon Do Programs - FALL 2020 COED, AGES 6+

## New Students, ages 6+

Day: Wednesday

Dates: October 14—December 16, 2020

Time: 5:30—6:15 pm

Fee: \$168.00

## Returning Students, ages 6—10

Day: Wednesday

Dates: October 14—December 16, 2020

Time: 6:30—7:15 pm

Fee: \$168.00

## Returning Students, ages 11+

Day: Wednesday

Dates: October 14—December 16, 2020

Time: 7:30—8:15 pm

Fee: \$168.00

## Returning Students, ages 6—10

Day: Friday

Dates: October 16—December 18, 2020

Time: 4—4:45 pm

Fee: \$168.00

- **All classes will meet at the Monmouth Court Community Center, 26 Monmouth Ct., in the cafeteria.**
- Students will enter directly into the cafeteria from rear door located on East side of building near picnic tables behind the building.
- Classes are approximately 45 minutes to allow time to clean equipment between classes.

### All students must wear a mask.

- The **COVID-19 questionnaire** MUST be filled out each day and handed to instructor. No student will be allowed in without it.
- Temperatures will be taken prior to entering class. **If a student's temp is higher than 100 they will be sent home.**
- NO PARENTS WILL BE ALLOWED IN THE BUILDING FOR ANY REASON



*This class teaches a specific and traditional martial art for everyone ages 6 & up. Students will learn practical self defense while acquiring discipline, conditioning the body, gaining self-confidence and reducing stress.*

*Every class begins with a series of traditional movements known as basic form. This warm up prepares the body and the mind for workout. The focus then turns to the unique style of kicking for which tae kwon do is known. Throughout the practice, students investigate the philosophical and creative application for the physical techniques and movements. Every class emphasizes the artistic connection between the body and the mind.*

**Pre-registration required**  
online at **Community Pass** or in  
person at SYLS office, 204 Hillside  
Ave., M-F, 8:30 am-4:30 pm.

Please call 973-535-7925,  
option 8, or email  
[syls@livingstonnj.org](mailto:syls@livingstonnj.org)