



YOUTH & RECREATION

MARTIAL ARTS

UPDATED: February 21, 2023

Register
Online
NOW

STAFF CONTACT

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SPRING REGISTRATION INFORMATION

- YMCA Member Registration: Monday, February 27th
- General Public Registration: Monday, March 13th

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.

SPRING SESSION 1 TKD ONLY: April 18- May 25

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.

SPRING SESSION 1-2: March 27-May 29 (*Tai Chi is running a combined Spring 1 and 2 as one 10 week session.)

DAYS: Mondays

TIME: 6:15-7:45PM

Location: All Purpose Room

FEE: Y Members: \$44 (10 weeks)

General Public: \$88 (10 weeks)