

FREE CLASS! SE JONG TAE KWON DO



It is time for a new group of Se Jong Tae Kwon Do students. Se Jong Tae Kwon Do is a Korean Martial Arts class where the students will learn punches, kicks and basic self defense moves. Se Jong Tae Kwon Do blends the mind, body and spirit to help develop self confidence and improve your fitness level. It is also a great way to meet new friends. The class will be offered to anyone ages 6 and up. We do ask that an adult please accompany all children under the age of 10. The instructor, Randy Mischech, is a 6th degree black belt with 24 years of experience. We hope that you will take advantage of this great opportunity. The class will be on Wednesday nights 6:00 pm-7:00 pm. It will begin on September 6th, 2006. **Space is limited**, so please sign up in advance. If you have any questions please ask the Recreation Staff or call the Recreation Center at 458-2977.