



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# NURTURING THEIR TRUE POTENTIAL

## RICHARDSON YMCA

### Karate / Tae Kwon Do

American Karate or American Tae Kwon Do contributes to increased physical strength, flexibility, balance, control, discipline, and spirituality. Students train with others at their own skill level progressing from basic stances, punches, blocks, and kicks to the study of more advanced kata (patterns of movement) and defense objectives.

#### Small Fry Karate: 3 Sessions a year: Ages 3 & 4

Days Per Week	Member Rate	Non-Member Rate	Time
1	\$30	\$45	Saturday 8:30 AM

#### 3 Sessions Per Year

Spring: February 2, 9, 16 and 23

Summer: July 13, 20, 27 and August 3

Winter: November 9, 16. 30 and December 7 (no class Nov 23)

#### Little Dragons, 6 week session: Ages 5 & 6

Days Per Week	Member Rate	Non-Member Rate	Time
1	\$30	\$45	Saturday 8:30-9:15 AM

#### Regular Class, 6 week session: Ages 7 & up

Days Per Week	Member Rate	Non-Member Rate
1	\$30	\$45
2	\$55	\$85
Belt Color	Times	
Beginners (White thru Green)	Tuesday 6-7:00 pm, Saturday 9:30-10:30 am	
Advanced (Blue thru Black)	Tuesday 7-8:30 pm, Saturday 10:30-Noon	

#### Regular Karate (Tae Kwon Do) & Little Dragons: 2019 Calendar

Classes normally occur every 6 weeks, with a total of 8 sessions per year.

Session 1	Tuesday 1/8 - 2/12	Saturday 1/5 - 2/9
Session 2	Tuesday 2/19 - 3/26	Saturday 2/16 - 3/23
YMCA Seminars & Banquet		Saturday 3/30
Session 3	Tuesday 4/2 - 5/7	Saturday 4/6 - 5/11
Session 4	Tuesday 5/14 - 6/18	Saturday 5/18 - 6/22
Session 5	Tuesday 6/25 - 7/30	Saturday 6/29 - 8/3
Session 6	Tuesday 8/6 - 9/10	Saturday 8/10 - 9/14
Session 7	Tuesday 9/17 - 10/22	Saturday 9/21 - 10/26
YMCA Tournament	10/29 tournament practice	Saturday 11/2
Session 8	Tuesday 11/5 - 12/10	Saturday 11/9 - 12/14

#### RICHARDSON YMCA

821 Custer Road Richardson, TX 75080 972-231-3424

**Mission:** To put Christian values into practice through programs that build healthy spirit, mind and body for all.

FINANCIAL ASSISTANCE AVAILABLE