



# TaeKwonDo

## July 2010



Greensboro Black Belt Academy @ the Bryan YMCA  
 Regina Epps Instructor: 336-255-6214

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday | Saturday  |
|----------|---|--|--|--------|---|
| No Class | Multi purpose Rm.<br>6:45-7:15 Kids<br>7:20-8:20<br>Instructor:<br>Epps/Jeffers | Multi purpose Rm.<br>6:45-7:15 Kids<br>7:20-8:20<br>(Alternating day)<br>Instructor: Epps, | Large Aerobics Rm.<br>7:00- 8:00<br>Instructor: Epps,<br>Terry |        | 11:00-12:00<br>Bryan YMCA<br>Aerobics Rm.<br>Instructor: Epps |
| 28       | 29  | 30   | 1  | 2      | 3   |
|          |   |  | No Class   |        |   |
| 5        | 6   | 7  | 8  | 9      | 10  |
|          | BF<br>6:45-7:30 ALL<br>7:35-8:35-Blue/<br>Red/Black Only                        | No Class   | KS   |        | SD<br>12-1:30   |
| 12       | 13  | 14   | 15   | 16     | 17  |
|          | KS  | SD<br>6:45-7:30-All<br>7:30-8:30 Black<br>Belts/Red Only                                   | BF 7-8<br>TKD Fit-8-8:30                                       |        |   |
| 19       | 20  | 21   | 22   | 23     | 24  |
|          | No Class This Week  |  |  |        |   |
| 26       | 27  | 28   | 29   | 30     | 31  |
|          | BF<br>6:45-7:30 ALL<br>7:35-8:35-Blue/<br>Red/Black Only                        | KS   | No class   |        | Sparring 12-1:30  |

BF= Basics & Forms SD=Self Defense KS= Kicking and Sparring

|                                    |   |
|------------------------------------|---|
| Ages:                              | Children and Adults (children beginning at 5)   |
| Monthly Cost:<br>Special Promotion | Y-members \$40.00, Y-non-members \$50.00, 1 <sup>st</sup> Additional family is \$35, All other family members \$20.00                                   |
| Curriculum:                        | Basics & Forms, Self Defense and Kicking & Sparring: Program concentration is on building self-esteem, self-discipline, self-awareness and perseverance |
| Seminar                            | Self-Defense Seminars for groups available upon request   |
| Payment                            | Fees are required monthly prior to participation  |
| Uniforms& Equipment                | Purchased through Greensboro Black Belt Academy   |
| Contact Info                       | Bryan YMCA & Regina Epps Instructor: 255-6214   |