



TaeKwonDo

February 2012



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Class	Multi purpose Rm. 6:45-7:15 Kids 7:20-8:20 Instructor: Epps'/Natalie/ Avery	Multi purpose Rm. 6:45-7:15 Kids 7:20-8:20 Instructor: Epps', Avery, Natalie	Large Aerobics Rm. 7:00- 8:00 Instructor: Epps', Terry		Bryan YMCA Aerobics Rm. Instructor: Epps
30	31	1	2	3	4
	KS	No Class	BF 7-7:50 All 7:55-8:40 Red & Blk		
6	7	8	9	10	11
	SD	BF (Natalie) 7-7:30- White- Green only 7:35-8:30- Blue belts & up only	KS 7-8 TKD Fit 8-8:30		
13	14	15	16	17	18
	No Class	KS	BF 7-7:50 All 7:55-8:40 Red & Black Only		
20	21	22	23	24	25
	Review/BF	No Class	Graduation		Blk Belt Exam & recert. 9-12:00 Friendship Tournament All 1pm Spears Y
27	28	29		2	3
	BF (Natalie) 7-7:30- White- Green only 7:35-8:30- Blue belts & up only	SD	No Class		

BF= Basics & Forms SD=Self Defense KS= Kicking and Sparring
 Saturday Sparring Class= Yellow Belts and above (White Belts Invitation only)

Ages:	Children and Adults (children beginning at 5) Some 4yr. olds
Monthly Cost: Special Promotion	Y-members \$40.00, Y-non-members \$50.00, 1 st 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