



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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DISCIPLINE RESPECT CONFIDENCE

Taekwondo

DALE TURNER FAMILY YMCA

Students focus on physical skills, discipline, honor, self-control and respect. The curriculum emphasizes a positive attitude and high goal setting. Rank advancement testing is available at the end of every session. ATA Northwest is a fully-licensed member of the American Taekwondo Association and runs the program. A uniform is required and must be purchased at the first class for \$39. The instructor, Lesley Blakeway, is a 3rd degree black belt and nationally certified instructor with the American Taekwondo Association.

Dates

Taekwondo is offered year-round with monthly sign-ups.

Tiny Tigers (Ages 4-7)	Tue & Thu	4:30-5:00pm
Beginner I	Tue & Thu	5:05-5:55pm
Beginner II	Tue & Thu	6:00-6:50pm
Intermediate	Tue & Thu	6:55-7:50pm
Teen & Adult	Tue & Thu	7:55-8:50pm

Cost

Cost varies based on age group and level.

Contact

Lesley Blakeway, Chief Instructor
206.715.4360



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