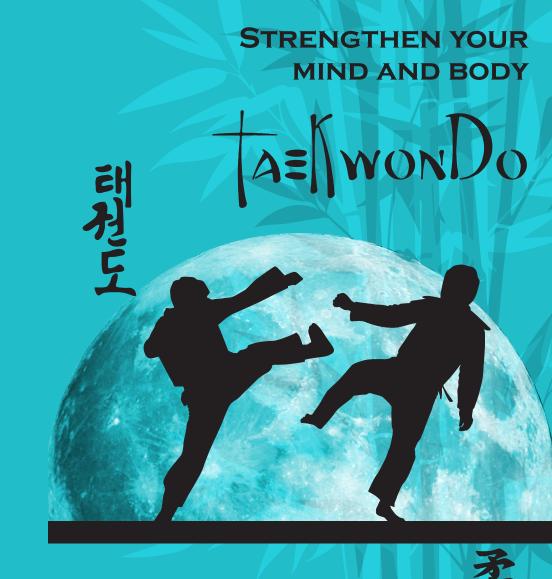
#### Phone City Staenberg Family Complex (Creve Coeur) **Program Information** \$46m/\$69p per month Thursday and Saturday at Fox Monday and Wednesday at SFC Taekwondo/Yong Shins Pricing Belt Rank Email (for confirmation) Address ☐ Member **Participant Information** We cannot complete registration without payment. No refunds. The J, Attn: Alex Langella, 2 Millstone Campus Dr., St. Louis, MO 63146 Return with payment to: ☐ Youth Beginner Taekwondo: Wed — 6:30pm ☐ Yong Shins: Mon – 6:30pm Public DOB State Ζįρ Signature □ Little Ninjas: Thu - 5:30pm □ Little Ninjas: Sat - 2:00pm □ Taekwondo Beginners: Thu - 6:30pm □ Taekwondo Beginners: Sat - 3:00pm □ Taekwondo Advanced: Thu - 7:30pm □ Taekwondo Advanced: Sat - 4:00pm Exp. Date Credit Card # Check # **Payment Information** \*Billing address (if different from above) \*Name (as it appears on credit card) Charge my card on file Fee Enclosed \$ Participants will be sent a form to set up monthly billing. Marilyn Fox Building (Chesterfield) (payable to JCC) Place my credit card on file\*

Billing will automatically carry over to subsequent months. Changes or cancellations must be submitted in writing 30 days in advance of the change. No refunds are issued for days missed.

☐ Youth Advanced Taekwondo: Wed — 7:30pm ☐ Adult Taekwondo: Mon — 7:30pm



FOR EVERYONE 4 YEARS AND OLDER
REGISTER AT JCCSTL.ORG



# TAEKWONDO

### **(**A55€5

#### Yong Shins (SFC, 4-6 years old), Little Ninjas (Fox, 4-7 years old)

Introduction for children into the world of Taekwondo. Little ones will have fun learning and training while building confidence and coordination.

#### Taekwondo (SFC age 7 - adult, Fox age 8 - adult)

Training includes a combination of combat technique, self-defense, sport, exercise, meditation, entertainment and philosophy. Students will further their skill development and acquire strength, self-confidence, knowledge and control.

DETAIL

- Uniforms are purchased from the instructor for \$40.
- Advancement and belt testing opportunities are offered throughout the year.
- Fees associated with testing are paid directly to the instructor.

Dates and Rates

Mondays and Wednesdays at SFC

Thursdays and Saturdays at Fox

Participants may attend appropriate classes at either building. \$46m/\$69p each month



## Staenberg Family Complex Instructor: Joe Barnard, 6th degree black belt

Yong Shins

Mon 6:30 - 7:15pm

Taekwondo Adults

Mon 7:30 - 8:30pm

Taekwondo Youth

Wed 6:30 – 7:30pm (Beginners) Wed 7:30 - 8:30pm (Advanced)

**Marilyn Fox Building** 

Instructors: Philip Hardin, 3rd degree black belt Ross Marquart, 2nd degree black belt

Little Ninjas

Thu 5:30 - 6:15pm

Sat 2:00 – 3:00pm

Taekwondo Beginners

Thu 6:30 - 7:30pm

Sat 3:00 – 4:00pm

Taekwondo Advanced

Thu 7:30 - 8:30pm

Sat 4:00 – 5:00pm





Billing will automatically carry over to subsequent months. Changes or cancellations must be submitted in writing 30 days in advance of the change. No refunds are issued for days missed.

