

H.V.A.A. TAEKWONDO

**Registration will be held starting September 18th
At the Murray Avenue
Lower Gym/ Multi Purpose room.
from 7:00 – 8:00 PM**

**APPROPRIATE FOR STUDENTS OF ALL AGES. THE ONLY PREREQUISITE IS BEING ABLE TO DISTINGUISH
RIGHT FROM LEFT. AN ADULT MUST ACCOMPANY EACH MINOR PARTICIPANT.**

**THIS IS TO ENCOURAGE PARTICIPANTS TO PRACTICE DURING THE WEEK SO THAT NEW SKILLS MAY BE ADDED
PROGRESSIVELY. ALL PARTICIPANTS MUST WEAR APPROVED DOBOKS (UNIFORMS).**

**Classes are one hour long:
15 minutes of stretching & conditioning
15 minutes of basics
15 minutes of forms or patterns
15 minutes of sparring drills, sparring or self-defense.**

**CLASSES WILL BE HELD AT:
THE MURRAY AVENUE SCHOOL LOWER GYM
(ENTRANCE FROM THE RIGHT REAR SIDE)**

**Classes are held from 7:00 to 8:00 PM on Wednesday evenings
And
8:00 to 9:00 AM on Saturday mornings.**

**Cost: \$250.00 per year for children
\$275.00 per year for adult Huntingdon Valley Residents
\$275.00 per year for children non Huntingdon Valley Residents
\$300.00 per year for adult non Huntingdon Valley Residents**

**The cost for the entire year and a uniform are included in the registration fee. Everyone must sign a release
of liability form for the instructors and the H.V.A.A.**

**BRING CHECKS (DO NOT MAIL) PAYABLE TO:
HUNTINGDON VALLEY ACTIVITIES ASSOCIATION**

For additional information or questions, call Joe Breitman at 215-285-5224

Registration open to all residents in 19006 - 19009 - 19046 Zip Codes