



BIGGER, FASTER, STRONGER

9th - 12th graders

Hey, teens! Here's your chance to use dumbbells, exercise tubes and stability balls to get "bigger, faster, stronger"! You don't have to join a gym to do strength training. This class, designed specifically for teens, will use a variety of portable equipment and fun workout methods to help you gain the strength you need to excel in sports, feel more confident about the way you look, or just stay in great shape!

Date	Day	Class ID
1/11-2/10	M/W	430901-A1
2/15-3/17	M/W	430901-A2
3/22-4/21	M/W	430901-A3
4/26-5/26	M/W	430901-A4

Time: 4-4:45pm

Location: Leonhard Recreation Center

Fee (R/NR): \$33/\$49.50

TEEN TONE & DANCE

9th - 12th graders

This fun class for teens will help you move, stretch and dance your way to a stronger, sleeker, more graceful body! You'll learn to improve your posture, increase your flexibility and look your best through movement inspired by modern dance – all set to upbeat music. You'll want to bring your friends to this!

Date	Day	Class ID
1/11-2/12	M/F	430903-A1
2/15-3/19	M/F	430903-A2
3/22-4/23	M/F	430903-A3
4/26-5/28	M/F	430903-A4

Time: 4:30-5:15pm

Location: Springer Cultural Center

Fee (R/NR): \$33/\$49.50

TAE KWON DO

Ages 5+

Learn the noncompetitive art of Tae Kwon Do. Master new skills, increase your strength, flexibility, discipline, and self-esteem. We encourage parents to enjoy classes with their children. Techniques are adjusted to fit individual capabilities. Uniforms are not required in the beginning; they are required beyond the white belt. Fee does not include belt, tests or uniform. For uniform information, please speak to your instructor.

Date	Day	Time	Location	Class ID
1/4-1/27	M/W	6-7pm	Hays Recreation Center	421101-A1
2/1-2/24	M/W	6-7pm	Hays Recreation Center	421101-A2
3/1-3/31*	M/W	6-7pm	Hays Recreation Center	421101-A3
4/5-4/28	M/W	6-7pm	Hays Recreation Center	421101-A4
1/4-1/27	M/W	7-8pm	Hays Recreation Center	421101-A5
2/1-2/24	M/W	7-8pm	Hays Recreation Center	421101-A6
3/1-3/31*	M/W	7-8pm	Hays Recreation Center	421101-A7
4/5-4/28	M/W	7-8pm	Hays Recreation Center	421101-A8

No Class: 3/22 & 3/24*

Fee (R/NR): \$30/\$45; \$10 discount each additional family member

Instructor: HMD Academy

ISSHIN-RYU KARATE

Ages 10+

Develop street awareness, practical self-defense, coordination, and situational alertness from a blackbelt with over 20 years of experience. The class teaches traditional Isshin-Ryu Karate with emphasis on basic blocks, punches, kicks, and body mechanics. Isshin-Ryu stresses natural body movement to achieve the most efficient techniques.

Date	Day	Time	Class ID
1/5-2/23	Tu	7-8:45pm	421102-A1
3/2-4/27*	Tu	7-8:45pm	421102-A2

No Class: 3/23*

Fee (R/NR): \$30/\$45

Location: Spalding Recreation Center

Deadline: Session A1: 1/2; Session A2: 2/27

Instructor: Neil Thackeray, 4th Degree Blackbelt



KARATE

Ages 8+

Instruction is offered in Shito-Ryu Karate, Okinawan weapons and Kempo. The instructor is Chris Johnston (6th degree black belt) who has over 35 years experience in karate. The class emphasizes self-control, discipline and morals while addressing practical self-defense needs. Over 100 katas (forms) and 40 weapon katas are available to learn. Uniform not required to participate. Previous training is not required. Those interested (including beginners) may enter any section as this is a year-round program.

Ages	Date	Day	Time	Fee (R/NR)	Deadline	Class ID
8-13	1/4-1/27	M/W	5:15-6:15pm	\$25/\$37.50	1/2	421103-A1
8-13	2/1-2/24	M/W	5:15-6:15pm	\$25/\$37.50	1/30	421103-A2
8-13	3/1-3/31*	M/W	5:15-6:15pm	\$25/\$37.50	2/27	421103-A3
8-13	4/5-4/30	M/F	5:15-6:15pm	\$25/\$37.50	3/27	421103-A4
8-13	5/3-5/26	M/W	5:15-6:15pm	\$25/\$37.50	4/24	421103-A5

No Class: 3/22 & 3/24*

Location: Leonhard Recreation Center