



HIGH KICK TAEKWONDO

CLASS SCHEDULE

Class Length: Little Dragons 30 Minutes, Kids/Youth: 40 Minutes, Teen Adult: 60 Minutes

GROUP/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
LIL' DRAGONS (Ages 3-4)	_____	_____	_____	3:30-4:00 PM	_____
YOUTH (Ages 5-12) WHITE BELTS	_____	4:45-5:25 PM	_____	4:45-5:25 PM	10 AM-11 AM
YELLOW BELTS ORANGE BELTS	5:30-6:10 PM	5:30-6:10 PM	4:00-4:40 PM	5:30-6:10 PM	10 AM-11 AM
GREEN, BLUE, PURPLE BELTS	6:15-6:55 PM	4:00-4:40 PM	6:15-6:55 PM	4:00-4:40 PM	10 AM-11 AM
BROWN, RED, BLACK BELTS	4:00-4:40 PM	6:15-6:55 PM	4:45-5:25 PM	6:15-6:55 PM	10 AM-11 AM
YOUTH SPARRING	4:45-5:25 PM	_____	5:30-6:10 PM	_____	_____
TEEN/ADULT (Ages 13+) ALL BELTS	7:00-8:00 PM	7:00-8:00 PM	_____	7:00-8:00 PM	11AM-NOON
TEEN/ADULT (Ages 13+) SPARRING	_____	_____	7:00-8:30 PM	_____	_____

SCHOOL RULES

Please arrive *10 minutes* before class start time.
Wear a neat & clean uniform.
Quietly prepare for class in the lobby. Store your items in a cubby. Be a role model, lead by example. If late, wait to be permitted into class.

FORMULA FOR SUCCESS

Believe in yourself!
Remember to practice at home, stretch, involve family and be active! Attend class 2-3x per week as well as sparring 1x per week. Follow our school rules. Check our website for more info.

PRIVATE LESSONS

Private lessons are available to get extra practice to hone your skills, prepare for promotions / tournaments and build confidence. These tailored one-on-one lessons are by appointment for an additional fee.

SIGN UP FOR SCHOOL REMIND UPDATES – TEXT THE MESSAGE @HKTKD TO 81010