



# HIGH KICK TAEKWONDO

## 2025 SUMMER SCHEDULE

GROUP/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>LIL' DRAGONS</b> (Ages 3-4)	_____	_____	_____	2:30-3:00 PM	_____
<b>YOUTH</b> (Ages 5-12) <b>WHITE BELTS</b>	_____	5:00 - 5:40 PM	_____	5:00 - 5:40 PM	10 AM - 11 AM
<b>YELLOW BELTS</b> <b>ORANGE BELTS</b>	4:15 - 5:00 PM	5:45 - 6:25 PM	4:15 - 5:00 PM	5:45 - 6:25 PM	10 AM - 11 AM
<b>GREEN to</b> <b>BLACK BELTS</b>	5:00 - 6:00 PM	6:30 - 7:10 PM	5:45 - 6:45 PM	6:30 - 7:10 PM	10 AM - 11 AM
<b>YOUTH</b> <b>SPARRING</b>	_____	_____	5:00 - 5:40 PM	_____	_____
<b>TEEN/ADULT</b> (Ages 13+) <b>ALL BELTS</b>	6:00-7:00 PM	7:10 - 8:00 PM	_____	7:10 - 8:00 PM	11AM - NOON
<b>TEEN/ADULT</b> (Ages 13+) <b>SPARRING</b>	_____	_____	6:45 - 7:45 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**