



## 2019-2020 After School Program

### After School Program - Ages 5-10

Our 2019-2020 After School Program is nearly full!

Our parental feed-back over the years has been an invaluable source for both growth and change, and we are super excited for the new school year to begin.

Our After School Program is unique in the fact that we limit our student participation to 10. Having a small class allows us to provide a more customized teaching approach, which aids us in providing your child with a safe, fun, and comforting environment to explore their potential.

Highlights of our program include:

- FREE pick up
- Snack and juice box included
- A daily 45-minute TaeKwonDo class
- Full-time and Part-time participation
- Affordable weekly rates with great family discounts
- PE related games and skill building
- NO contracts / NO deposits / NO additional ancillary fees

**For more information please call:**

914-706-3294 or visit our website:  
SuncoastTaeKwonDo.com

## TAEKWONDO (KOREAN KARATE)

We practice and teach ITF TaeKwonDo which is the oldest and most traditional form of the Martial Art, most closely related to Japanese Shotokan Karate.

Our classes focus on the original 20 Hyungs (patterns of movement), 1 and 2 step sparring, and self-defense.

Each class embraces the 5 tenets of TaeKwonDo (Courtesy, Integrity, Perseverance, Self-Control, & Indomitable Spirit) and is suitable for all ages and all fitness levels. Class days and times:

- Monday & Thursday - Kids Only (Ages 5-10) 4:15-5pm
- Tuesday & Thursday – All Ages, 6-7pm
- Cost: \$99 per month with excellent family discounts!



## COMPETITION TEAM

Congratulations to all those that competed this year! We had another amazing season, and it's not quite over yet – the National competition will be held on Friday, October 25<sup>th</sup>, 2019 at noon in Orlando, Florida.

All team members who received an invitation and would like to compete, must register online before the 25<sup>th</sup>, and check in to the event before 10am.

Please see or reach out to coach Bryce for more information.



**SAVE THE DATES**

- Monday, Sept. 2<sup>nd</sup> – Labor Day, No Classes
- Saturday, Nov. 16<sup>th</sup> – Fall belt promotion test
- Thursday, Nov. 28<sup>th</sup> – CLOSED for Thanksgiving
- Tuesday, Dec. 24<sup>th</sup> – Christmas Eve, No Classes
- Wednesday, Dec. 25<sup>th</sup> – CLOSED for Christmas
- Tuesday, Dec. 31<sup>st</sup> – New Year’s Eve, No Classes

**SHOUT OUT**

Thank you to all our students and families. Due to your dedication and support we have continued to grow and are offering both new classes and programs.

We’d like to extend a very special thank you to the individuals and their families who so graciously donated special events and trips for our summer campers this year, we are truly grateful!

- Mr. Gerry Biller: The Asolo Repertory Theatre, “Around the World in 80 Days”
- Mr. David Jennings: Mote Marine Laboratory & Aquarium

**NEW YOGA SCHEDULE / FORMAT**

Beginning on Tuesday, Aug. 20<sup>th</sup>, our yoga class will change times from 9:30am to noon. We will be offering a special six week rate!

- Classes will be held on Tuesdays from noon-12:45pm
- Cost: \$60 for 6 weeks
- Drop-in rate: \$15

Please note that we are currently in the process of expanding our program, adding both new classes and new instructors. We will be updating both our website and sending additional emails when we have that information available!

**Current Class Schedule:**

**Monday**

- Kids Only TaeKwonDo 4:14-5pm
- Combat HapKiDo 6-7pm

**Tuesday**

- NEW** Yoga Noon-12:45pm
- All Ages TaeKwonDo 6-7pm

**Thursday**

- Kids Only TaeKwonDo 4:14-5pm
- All Ages TaeKwonDo 6-7pm

**Monday – Friday**

- After School Program
- Monday Aug.12<sup>th</sup> thru Friday May 29<sup>th</sup>
- 3-6pm

**Friday**

- Competition Team Practice 6-7:30pm
- Start date: TBA

*\*Black Belt Only Class 7-8pm on Selected Thursdays*

