

AFTERSCHOOL

Sign up now for our Afterschool Program

**4C
Accepted**

Includes:

- Pick-up from school
- Snacks
- Fun-time Fitness Activities
- Martial Arts class
- Arts & Crafts

**Drop-off
Program
available**

Martial Arts Plus welcomes all children and families, regardless of race, color, religion, gender, national origin, or ability. We are committed to providing a safe, inclusive, and respectful environment for all.

TaeKwonDo Classes

Mondays: 4:45pm
Jr Leader Instructors

Tuesdays, Wednesdays & Thursdays: 4:45pm
(Traditional TaeKwonDo/Basics)

Tuesdays Wednesdays Thursdays: 6:00pm
(Advanced/10 years +)

Fridays: 4:45pm Fun-Time Friday (Afterschool Only)!



TaeKwonDo

- Builds Discipline
- Improves Focus
- Develops Self-Confidence
- Teaches Safety Awareness
- Strengthens balance and coordination

407-346-8401



www.martialartsplus.net