



After School Tae Kwon Do at St. Rita's

We are pleased to offer tae kwon do lessons from Chay's Tae Kwon Do.

Dates: Tuesdays on 9/17, 9/24, 10/1,
10/8, 10/15 and 10/22.

Time: 3:15-4:00 pm

Who: Kids age 7-12

Cost: \$35/child & all money collected
will be donated back to the PTO

Don't Delay; class sizes are limited!



The classes will emphasize respect, concentration and good effort and how that applies to home and school. It will be taught in a fun, positive manner while channeling the student's energy.

After the session is completed, students will have the opportunity to attend a graduation at our school, show their techniques, break a board and earn their white belt!