

Programs:


- ❖ Traditional Taekwondo & Olympic Sport Taekwondo (**Ongoing**)
- ❖ Fitness Workout, Private Personal Training/Boxing Lessons (**Ongoing**)
- ❖ After School Program (**Ongoing**)
- ❖ Kids March Break & Summer Camps (**March 2011**)
- ❖ Birthday Parties (**Available: Saturday 10am - 6pm/Sunday 12 noon – 6pm**)

Legend:

- ❖ Tots (4 - 6 yrs), Kids (7–12 yrs), Teens (13–15 yrs), Adults (16 yrs & up)
- ❖ Beginner (White-Orange), Regular (Orange-Red), Advanced (Red -Black)
- ❖ Family (Parent & Child), Mixed (Mixed Ages/Levels), Sparring (*Equipment*)

Notes:

- ❖ Classes are 1 hour long unless noted. Unlimited attendance.
- ❖ Recommend attendance is at least two to three classes per week.
- ❖ Be **ON TIME** for your class. Arrive earlier if you need to change.
- ❖ Leave pride and ego at home. No respect. No courtesy. No Taekwondo.
- ❖ Shoes not allowed beyond reception area. This also applies to parents.
- ❖ Bow to enter or exit the main gym “Do Jang,” to Masters & Instructors.
- ❖ Unsafe, Unhealthy & Un-Canadian behaviour not allowed.
- ❖ For safety reasons, parents must pick-up inside the building.
- ❖ All program-related supplies available on-site.
- ❖ No classes on Tournament, Testing, Demonstration Days & Holidays.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<h1>Summer 2010</h1> <h2>July 05 – September 02, 2010</h2> <ul style="list-style-type: none">● <i>Testing Date: Wed/Thur August 25 & 26, 2010</i><ul style="list-style-type: none">● <i>No classes Fridays, Saturdays or Sundays</i>● <i>Deh Camp: Monday to Friday 8am to 5pm</i>						
6pm	Tot & Kids Mixed	Tot & Kids Mixed	Tot & Kids Mixed	Tot & Kids Mixed	<i>Our Gym is available for meetings and birthday parties.</i> <u>Days & Times</u> (Summer 2010 Only) <u>Saturdays: 10 am – 6pm</u> <u>Sundays: 12 noon - 6pm</u>		
7pm	Teens & Family Mixed	Teens & Family Mixed	Teens & Family Mixed	Teens & Family Mixed			
8pm			MMA 8-10				

Etobicoke Taekwondo/Deh Camp™

100 Advance Rd., Toronto Ontario M8Z 2T7 Ph: 416-236-5578 Fx: 416-236-5570

www.taekwondoit.com email: info@taekwondoit.com