

<p>Programs:</p> <ul style="list-style-type: none"> ❖ Traditional Taekwondo & Olympic Sport Taekwondo (Ongoing) ❖ DehBootCamp Adult Fitness Workout, Personal Training (Fall 2010) ❖ DehAfterSchool – September 07, 2010 - June 30, 2011 (Ongoing) ❖ DehCamp (March Break, Summer & PA/PD Days) ❖ DehParties (Saturday 3 – 8pm/Sunday 12noon - 6pm) Ask for details! <p>Legend:</p> <ul style="list-style-type: none"> ❖ Tots (4 – 6 yrs), Kids (6–12 yrs), Teens (13–15 yrs), Adults (16 yrs & Up) ❖ Regular (Patterns/Self-Defense), Sparring (Full Contact), MMA (Mixed Martial Arts) ❖ Family (Parent & Child), Mixed (Ages & Levels), Pattern (No workout) ❖ Personal Safety Equipment Required for all members: Mandatory for Yellow Belt & Up 	<p>Notes: <i>Please Read Carefully.</i></p> <ul style="list-style-type: none"> ❖ Please select a Class that is best suited to your (child's) Age and Level. ❖ Classes vary. Please read carefully. All Classes run as stated below. ❖ Be <u>on time</u>. Arrive earlier to change. No Admittance 15 min after Class starts. ❖ Recommended attendance: Two-three times/week, at least one Sparring. ❖ Street shoes not allowed beyond reception area. Applies to Parents as well! ❖ Bow to enter or exit the “Do Jang”(gym), and to your Masters and Instructors. ❖ Unsafe, Unhealthy, UnTaekwondo and Inappropriate behaviour is prohibited. ❖ Minor members forbidden to leave the premises without a Parent/Guardian. ❖ Parents/Guardians must fetch all children inside the premises. <u>Safety first.</u> ❖ No classes on Tournament/Testing/Demo Days/Holidays. TBA with Notice. ❖ All program-related supplies available on-site. VISA-MC -DEBIT /CHQ & CASH
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 - 11am	<h1 style="margin: 0;">Fall 2010 Schedule</h1> <h2 style="margin: 0;">September 07 – December 23, 2010</h2> <p style="margin: 5px 0 0 20px;">■ Testing Dates: October 8/9, November 12/13, December 10/11</p> <p style="margin: 5px 0 0 20px;">■ Tournament Dates: October 02 (Tri-Star/Kitchener), October 23 (Myung's/Scarborough) November 13 (Toronto Open/Toronto), December 04 (Son's/Mississauga)</p> <p style="margin: 5px 0 0 20px;">➔ December 18/19 - Etobicoke Taekwondo Festival (ETKD Main Gym)</p>					Tots/Kids Regular <i>(Equipment)</i>	
11am-12:30pm						Mixed Sparring <i>(Equipment)</i>	
1 – 2:30pm						Mixed Pattern Class <i>(No Equipment)</i>	
4-4:45pm	Tots <i>(Equipment)</i>	Tots <i>(Equipment)</i>	Tots <i>(Equipment)</i>	Tots <i>(Equipment)</i>	Tots <i>(Equipment)</i>	<p>Our gym is available for</p> <ul style="list-style-type: none"> ● DehParties Mon – Fri: 10am - 2pm Saturday/Sunday: 3-6pm ● DehAfterSchool Mon – Fri: 3:30 – 6pm Taekwondo/Play-Time/Prep-Time/& Snack ● DehCamp March Break/Summer 2011 <p style="text-align: center;"><u>Ask For Details</u></p>	
5 - 6pm	Kids Sparring <i>(Equipment)</i>	Kids Regular <i>(Equipment)</i>	Kids MMA <i>(Equipment)</i>	Kids Regular <i>(Equipment)</i>	Kids Sparring <i>(Equipment)</i>		
6 - 7pm	Kids/Teens Regular <i>(Equipment)</i>	Kids/Teens Sparring <i>(Equipment)</i>	Kids/Teens MMA <i>(Equipment)</i>	Kids/Teens Sparring <i>(Equipment)</i>	Kids/Teens Sparring <i>(Equipment)</i>		
7 - 8pm	Family/Adult Sparring <i>(Equipment)</i>	Family/Adult Regular <i>(Equipment)</i>	Family/Adult MMA <i>(Equipment)</i>	Family/Adult Core Strength & Stretching <i>(No Equipment)</i>	Family/Adult Sparring <i>(Equipment)</i>		
8pm	Special Advanced Classes, MMA and Demonstration Team Practices – By Invitation Only						

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