

## Programs:

- ❖ **Traditional Taekwondo & Olympic Sport Taekwondo** (Ongoing)
- ❖ **Deh After-School** – September 07, 2010 - June 30, 2011 (Ongoing)
- ❖ **Deh Camp** (March Break, Summer & PA/PD Days)
- ❖ **Deh Birthday Parties** (Saturday 3 – 8pm/Sunday 12noon - 6pm) **Ask for details!**

## Legend:

- ❖ **Tots** (3.5 – 6 yrs), **Kids** (6–12 yrs), **Teens** (13–15 yrs), **Adults** (16 yrs & Up)
- ❖ **Regular** (Basic/Patterns/Self-Defense), **Sparring** (Light – Full Contact)
- ❖ **Competitive Sparring** (Advanced/Full Contact – Open to Blue Belt and Up only)
- ❖ **Family** (Parent & Child), **Mixed** (Ages & Levels), **Pattern** (Learn & Review for testing)
- ❖ Personal Safety Equipment Required for all members: **Mandatory for Yellow Belt & Up**

## Notes:

**Please Read Carefully.**

- ❖ 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 on time. 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. Safety first.
- ❖ No classes on Tournament/Testing/Demo Days/Holidays. TBA with Notice.
- ❖ All program-related supplies available on-site. **VISA-MC -DEBIT /CHQ & CASH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 - 11am	<h1>Spring 2011 Schedule</h1> <h2>April 01 – June 30, 2011</h2> <ul style="list-style-type: none"> <li>● <b>Testing:</b> April 01/02, May 13/14, June 17/18</li> <li>● <b>Tournaments:</b> April 16 (Sport TKD), May 17 (EMAC), June 4 (B. Belt World)</li> <li>● <b>PA Days:</b> May 20, June 30 (DehCamp Open)</li> <li>● <b>Closed for Holidays:</b> April 22 – 25 (Easter), May 23 (Victoria Day)</li> </ul>					Tots/Kids Regular (Equipment)	
11am-12:30pm						Mixed Sparring (Equipment)	
1 – 2:30pm						Mixed Pattern Class (No Equipment)	
4-4:45pm	Tots (Equipment)	Tots (Equipment)	Tots (Equipment)	Tots (Equipment)	Tots (Equipment)	<ul style="list-style-type: none"> <li>● <b>DehParties</b> Mon – Fri: 10am – 2pm Saturday 4 - 8pm Sunday: 12noon - 6pm</li> <li>● <b>DehAfterSchool</b> Mon – Fri: 2:30 – 6pm Play-Time/Prep-Time/Snack &amp; One Hour Taekwondo Everyday!</li> <li>● <b>DehCamp 2011</b> Summer (July 4 – September 2)</li> </ul> <h2><u>Ask For Details</u></h2>	
5 - 6pm	Kids Sparring (Equipment)	Kids Regular (Equipment)	Kids Regular (Equipment)	Kids Regular (Equipment)	Kids Sparring (Equipment)		
6 - 7pm	Kids/Teens Regular (Equipment)	Kids/Teens Sparring (Equipment)	Kids/Teens Regular (Equipment)	Kids/Teens Sparring (Equipment)	Kids/Teens Sparring (Equipment)		
7 - 8pm	Family/Adult Sparring (Equipment)	Family/Adult Sparring (Equipment)	Family/Adult MMA (Equipment)	Family/Adult Sparring (Equipment)	Family/Adult Regular (Equipment)		
8 – 9:30pm	Competitive Sparring (Equipment)	Competitive Sparring (Equipment)	Competitive Sparring (Equipment)	Competitive Sparring (Equipment)			

**Etobicoke Taekwondo & DehCamp** - 100 Advance Road. Toronto, Ontario M8Z 2T7 **Ph:** 416-236-5578 **Fx:** 416-236-5570

**website:** [www.taekwondoit.com](http://www.taekwondoit.com) **email:** [info@taekwondoit.com](mailto:info@taekwondoit.com) or [masterdeh@taekwondoit.com](mailto:masterdeh@taekwondoit.com)