

H.V.A.A. TAEKWONDO

Classes are one hour long:
15 minutes of stretching & conditioning
15 minutes of basics
15 minutes of forms or patterns
15 minutes of sparring drills, sparring or self-defense

**GIRLS & BOYS ...AGES 6 TO 16 AND THEIR PARENTS
AN ADULT MUST ACCOMPANY EACH MINOR PARTICIPANT**

This is to encourage participants to practice during the week
so that new skills may be added progressively.
All participants must wear approved Doboks (uniforms).
The cost for the entire year, and a uniform are included
in the registration fee. Everyone must sign a
Release of liability form for the instructors and the H.V.A.A.

**CLASSES WILL BE HELD AT:
MURRAY AVENUE SCHOOL LOWER GYM**
(Enter from the right rear side)

Classes are held from 7:00 to 8:00 PM on Wednesday evenings
And
8:00 to 9:00 AM on Saturday mornings.

**Cost: \$250.00 per year for children
\$275.00 per year for adult Huntingdon Valley Residents
\$275.00 per year for children non Huntingdon Valley Residents
\$300.00 per year for adult non Huntingdon Valley Residents**

**BRING CHECKS (do not mail) PAYABLE TO: HVAA
HUNTINGDON VALLEY ACTIVITIES ASSOCIATION
TO
Registration and Orientation Class
At the High School wrestling room 7:00 to 8:00 PM**

**First regular class of this session will be held on
SEPTEMBER 18th, 2024**

For additional information or questions, call Joe Breitman at 215-285-5224

Registration open to all residents in 19006 - 19009 - 19046 Zip Codes