

H.V.A.A.
TAEKWONDO

**Registration will be held starting September 18th
At the Murray Avenue
Lower Gym/ Multi Purpose room.
from 7:00 – 8:00 PM**

APPROPRIATE FOR STUDENTS OF ALL AGES. THE ONLY PREREQUISITE IS BEING ABLE TO DISTINGUISH RIGHT FROM LEFT. 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).

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.

**CLASSES WILL BE HELD AT:
THE MURRAY AVENUE SCHOOL LOWER GYM
(ENTRANCE 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**

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.

**BRING CHECKS (DO NOT MAIL) PAYABLE TO:
HUNTINGDON VALLEY ACTIVITIES ASSOCIATION**

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

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