



Taekwondo Inspired Fitness



When: 8 Mondays Feb 3 – Mar 30, 2020 (no class Feb 17)
Time: 5:30-6:15 pm
Where: Exshaw Community Hall
Who: Youth 5-17 (**Youth 8 and under must be accompanied by an assisting adult**)

Fees: In order to cover liability insurance, class space and equipment costs a nominal fee of \$40 + GST is charged, Quintin is volunteering his time. Youth can drop in for a first introduction class at \$10 but must register to continue to participate.

Class Structure:

Practice of forms and exercises, physical training and defense techniques with fun games for younger kids. Participants are divided into 2 groups;

Little Tigers (ages 5-8 – with an assisting adult present) learn basic movement and defense.

Youth (ages 9-17) learning the forms and defense.

Classes are for fun, friends, and experience. Focus is self-control, self-defense, kicking and punching. Belt level promotion is available.

About Quintin:

Quintin Springstead has lived in Exshaw for the past 13 years. Having started Taekwondo with David Lister 6 years ago, he quickly developed a love of the sport. Quintin has now reached a deputy black belt level and has experience volunteering in coaching through soccer and Bow Valley Pond Hockey.

Register with the MD of Bighorn **by noon Feb 3, 2020**
Registration information, methods and forms are at
mdbighorn.ca/327/Fitness-Recreation-Classes