



# Tae Kwon Do

Brookshire/Pattison YMCA

- Increase Concentration
- Improve Confidence
- Reduce Stress
- Build Stronger Muscles



- Build Self Esteem
- Gain Peace & Harmony
- Improve Coordination
- Increase Flexibility

<b>Thursdays</b>	<b>5:30-6:30pm</b>	<b>Ages 3-6</b>	<b>White Belt</b>
<b>Thursdays</b>	<b>6:30-7:30pm</b>	<b>Ages 6-up</b>	<b>White Belt</b>
<b>Thursdays</b>	<b>7:30-8:30pm</b>	<b>All Ages</b>	<b>Yellow &amp; Above</b>

*\*Tae Kwon Do classes held at the City of Brookshire Civic Center*

**Monthly fee** (Start Date - September 16th ) - **\$25**  
 See Instructor for uniform details • Joe Vigil • taekwondojoe@gmail.com

**[Register]**  
 \*Register at or phone the Katy Family YMCA Welcome Center or online at [www.registerymca.org](http://www.registerymca.org) by using the course numbers provided.

Must be a Program Member to Participate • Annual Family Program Membership: \$30.00

White Belt Class	5:30pm	Thursdays	Course # 45241
White Belt Class	6:30pm	Thursdays	Course # 45243
Yellow and Above	7:30pm	Thursdays	Course # 45244

**Questions?** Contact • Michael Simon • YMCA Program Director  
 Email: michael.simon@ymcahouston.org  
 Phone: 979-256-9991 or 281-392-5055  
 Website: www.ymcahouston.org/brookshire  
 Instructor: Joe Vigil • taekwondojoe@gmail.com



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.  
 We strive to turn no one away due to inability to pay.

