



Imagine what an advantage you will have now, and in the future, by learning martial arts today. Imagine how your self-esteem will be enhanced, how self-confident you will become, and how you will learn to set goals and work to achieve them, all while learning respect for yourself and others. Imagine that "attitude is everything" and you will never give up in any aspect of your life. This is Taekwon-Do.

Days: Tuesdays and Thursdays (class 2 days per week, sessions every 8 weeks)

When: Starting Tuesday, January 8th through Thursday, February 28th

Where: Itasca Park District, 350 East Irving Park Road

Cost: \$40 resident / \$55 non-resident (\$10 additional for each family member)

Uniforms: Uniforms are required and can be purchased on the first day for \$45

Ages: 6 through teenagers and adults

Time: 6:30 - 7:30

For new students, which includes both adult participants and younger students with their parents, are asked to arrive at 6:10 on the first day to learn more and to purchase the uniform. **Please register at the Medinah Park District beforehand.**

Program Description: Taekwon-Do is another form of martial arts. The benefits of Taekwon-Do include character building, confidence, self-esteem, discipline, focus, perseverance, physical fitness, improved balance, coordination, strength, and flexibility.

Instructor: The instructor for this program is Barry Weisberg, who has over 30 years of experience in Taekwon-Do. Mr. Weisberg has also taught fitness, kickboxing, and women's self-defense classes throughout the years. Lastly, Mr. Weisberg recently retired as a high school principal and has also taught at both the middle and high school levels.

Please visit us on-line for additional information: www.facebook.com/weisbergtkdcenter

A cooperative venture between the Medinah Park District and the Itasca Park District to better serve our residents.

