Programs:

- Traditional & High Performance (Sport Taekwondo) _____Ongoing!
- After-School: Pick-Up Everyday/One Day Only - Options Available____Ask for details!
- Friday PA Deh Camps: Full/Half-Day Available_____Ask for details!

Legend:

- Tots (4-6 yrs), Kids (6-12 yrs), Teens (13-15 yrs), Family/Adults (Mixed Ages/Levels)
- Traditional TKD (General Exercise, Patterns, Contact Self-Defense) ***Equipment***
- HP Sport TKD (Athletic, Full Contact Sparring, Competitive) ***Equipment***
- ETKD Competition Team, by ability & selection only, full commitment required. 1) Extra Training 2) Team Uniform/Apparel, 3) OTA & Tournament Expenses, 4) Travel & Hotel
- Pattern Class: For review only. Should not be the only class attended. ***No Equipment***
- Safety Equipment: Mandatory, Yellow Up (required for all classes, except Pattern Class)

Important Notes: Please Read Carefully

- Please select a Class best suited to your age and belt level. Don't overdo it!
- Be on time. Arrive earlier to change and stretch. Late consequences will apply.
- Recommended attendance: Two/three times/week. Join HP Sport TKD Team
- Belt Testing happens in class every month. Candidates will be Notified.
- Eligible Testing List to be posted two (2) weeks prior to Testing Dates (TBA)
- Street shoes not allowed beyond reception area. Applies especially to Parents!
- Bow to enter/exit "Do Jang" (gym), to your Masters/Instructors and each other.
- Inappropriate (silly) behavior prohibited. Focus on Personal Responsibility.
- Pick-Up Policy: Parents/Guardians must fetch children inside premises. After School Parental Note: Due to safety concerns, your signature is required to release a child every day. Violations could lead to expulsion from the program.
- No Classes on Holidays, Halloween and some Tournament/Demo Days-TBA
- Uniforms/Equipment available on-site. We Accept: VISA, M/C, DEBIT, CHQ, CASH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-10:45am						Tots/Kids	CLOSED
11am-12n						Kids/Teens *(Mixed Sparring)*	
12:15-1:45pm						Pattern Class *(White to Black)*	
3 - 6pm	After-School Program *(Weekly/Daily Options Available)*			Monday–Friday *(Sept 05/17 - June 29/18)*			
4:05-4:50pm	Tots	Tots	Tots	Tots	Tots		
4:50-5:50pm	Kids	Kids	Kids	Kids	Kids		
6-7pm	Tots/Kids/Teens	Tots/Kids/Teens	Tots/Kids/Teens	Tots/Kids/Teens	Tots/Kids/Teens		
7-8pm	Family/Adults	Family/Adults	Family/Adults	Family/Adults	Family/Adults		

Fall 2017

September 01 – December 23

- **Tournaments:** **Oct 7** *(JungKo)* ***Oct 28*** *(Phoenix)* **Nov 18** *(T.O.)* **Dec 9** *(Myung)*
- **Closing:** **Oct 9** *(Thanksgiving)*
- ***Friday PA Days:*** ***Oct 06, Nov 17, Dec 1***

Pick-Up Policy

For safety reasons, please fetch your child inside our premises.

After School Parental Note: Your signature is required on Pick-Up Checklist, EVERYDAY.

Please help us keep our kids safe.