



Bruce Chung
TAE KWON DO
FEBRUARY 2008 NEWSLETTER



Sibling priority registration for the spring session of Gym-mini-Kick-it® starts February 11th. Please come to the front counter for more information.

MOMMY & ME SCHEDULE

	Monday	Tuesday	Wednesday	Friday
14 to 24 Months				9:30 to 10:15 April 4 th to June 27 th
14 to 36 Months	11:00 to 11:45 March 31 st - June 23 rd			
18 to 28 Months				10:20 to 11:05 April 4 th to June 27 th
18 to 36 Months			11:00 to 11:45 April 2 nd - June 25 th	11:10 to 11:55 April 4 th to June 27 th
24 to 36 Months		11:00 to 11:45 April 1 st - June 24 th		

ME ONLY "LIL' HOPPERS" (30 – 36 MONTH OLDS)

We also offer Gym-mini Kick-it® "Me Only" classes for children 30 to 36 months old. This completely structured class without mommy is geared specifically for those toddlers who have outgrown our mommy and me program.

Tuesday 12:00 to 12:45 - April 1st - June 24th
Wednesday 12:00 – 12:45 - April 2nd - June 25th

**SUMMER MINI CAMP
FOR 3-4 YEAR OLDS AND 5-6 YEAR
OLDS**

NO TAE KWON DO EXPERIENCE NECESSARY

**NO MINIMUM SIGN-UP REQUIRED
SIGN-UP FOR 1 OR ALL 21 DAYS**

**EACH 2-HOUR SESSION IS PACKED WITH LOTS OF
GREAT ACTIVITIES INCLUDING:**

- ❖ **A Full 45-Minute Tae Kwon Do class**
- ❖ **Challenging Obstacle Courses**
 - ❖ **Exciting Prize Games**
- ❖ **Team Sports (Baseball, Kickball, Soccer, etc.)**
 - ❖ **Take-Home Art Project**
 - ❖ **Parachute activities**
 - ❖ **Snack Time**

AND MUCH, MUCH MORE

**Camp Fees: \$45 per day
OR**

**Sign up for 3 to 11 days and get 5% off your total price
Sign up for 12 to 16 days and get 10% off your total price
Sign up for 17 to 21 days and get 15% off your total price**

EARLY BIRD SPECIAL - SIGN UP BEFORE APRIL 30TH

**AND TAKE AN ADDITIONAL 5% OFF YOUR ALREADY
DISCOUNTED TOTAL PRICE.**

**TEEN "STRENGTH & CONDITIONING" CLASSES
FOR AGES 12-17.**

Tuesdays 7:30 to 8:30pm

Our fantastic "Strength & Conditioning" Classes are offered every Tuesday from 7:30 to 8:30pm. Sign up for one or as many as you wish. Classes will not be Tae Kwon Do but will be encompass all elements of fitness including strength training, cardio vascular endurance, flexibility and agility. Students will use a variety of fitness equipment including free-weights, bands, medicine balls and steps. All students will be required to wear sneakers to the class. Sign up now, class size is limited. Price is \$25 per class.

**You do not have to be a member of
Bruce Chung's Tae Kwon Do to attend the
"Strength & Conditioning" classes.**

REMINDER

**WE WILL BE CLOSED FOR VACATION FROM
FEBRUARY 18TH THROUGH FEBRUARY 24TH.
WE WILL RE-OPEN ON FEBRUARY 25TH.**

CHECK OUT OUR NEW WEBSITE AT WWW.BRUCECHUNG.COM