



Black TAEKWONDO & MDB Fitness Programs

Term **3** 2010
12th June - 18th September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILDREN'S UNDER 12 YEARS				4.30 - 5.30pm Children Blue, Red & Black		8.30 - 9.30 am Kids Competition Training
	5 - 6 pm Cubs - White Yellow Orange Green General Class	5.15 - 6 pm Cubs U12 All Grades General Class	5 - 6 pm Cubs White Yellow Orange Green General Class			9.30 - 10.15 am Kids Grading Class
TEENAGER'S CLASSES			WEDNESDAY 6 - 7.30 pm Teens 12 - 17 General Class All Grades	THURSDAY 5.30 - 7 pm Kids/Teens Competition Training All Grades		10.15 - 11 am EAGER NINJA'S Pre Schoolers 3 to 5 years
FAMILY CLASSES			WEDNESDAY 6 - 7.30 pm Family Class General Class All Grades			SATURDAY 11 am - 12.30 pm Grading Class All Grades
ADULTS - EVENING CLASSES		TUESDAY 7 - 8 pm Adult/ Teens General Class All Grades	WEDNESDAY 7.30 - 8.30 pm MDB Glove & Bag Workout	7 - 8.15 pm Self Defence & Grappling		SATURDAY 12.30 - 2.00 pm Competition Training All Grades
HEALESVILLE CLASSES			HEALESVILLE CLASSES		FRIDAY 4.30 - 5 pm Cubs - Under 6	
			4.30 - 5 pm Cubs - Under 6		5 - 6 pm Family Class	

Important Dates
Term 3 12 June - 18th September
Stage 1 Grading week 9th August
Stage 2 Grading 11th September
Victorian Selections 31st July, 1st August
Korea Trip 9th September

Membership Fees:	Per year	Adults:	\$120
Uniforms	Full time students -Healthcare card holders - Children 16 & under		\$80
	Standard White Uniform		\$55
Training Fees:	Casual Training 10 session card	Adults	\$150
	Direct Debit Over 10 months	Children	\$120
Discounted Fees	Full Time Students - Health Care Card Holders, Children under 16	Adults	\$98.90 per month
Advanced Payment	10% Discount 12months in advance.	Children	\$82.80
Insurance & Registration	We strongly recommend members to take the sports insurance option provided by the national sporting body - Taekwondo Australia Ltd. registration		\$50.00



MDB Fitness Program

MDB is a fun way to get fit using a wide range of equipment including kicking/punching bags, bikes, weights, medicine balls, skipping ropes etc. The program constantly moves with music around a central circuit that ensures a very great overall fitness & tone.

Prepaid Sessions **10 Normal \$150 Discount \$120**

Registration (Yearly) **\$80** Includes MDB T-Shirt or bag gloves
10% Discount for 40 Session Cards

Monday
8 - 9 pm

Wednesday
7.30 - 8.30 pm