



# Black TAEKWONDO & MDB Fitness Programs

Term **2** 2010  
12th April - 25th June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHILDREN'S UNDER 12 YEARS</b>	5 - 6 pm <b>Cubs</b> - White Yellow Orange Green <b>General Class</b>	4.30 - 5.15 pm <b>EAGER NINJA'S</b> Pre Schoolers 3 to 5 years	5 - 6 pm <b>Cubs</b> White Yellow Orange Green <b>General Class</b>	4.30 - 5.30pm <b>Children</b> Blue, Red & Black		8.30 - 9.30 am <b>Kids</b> <b>Competition Training</b>
<b>TEENAGER'S CLASSES</b>	5.30 - 7 pm <b>Teens/ Adults</b> <b>Competition Training</b> All Grades	5.15 - 6 pm <b>Cubs</b> U12 All Grades <b>General Class</b>	WEDNESDAY 6 - 7.30 pm <b>Teens 12 - 17</b> <b>General Class</b> All Grades	THURSDAY 5.30 - 7 pm <b>Kids/Teens</b> <b>Competition Training</b> All Grades		10.15 - 11 am <b>EAGER NINJA'S</b> Pre Schoolers 3 to 5 years
<b>FAMILY CLASSES</b>		6 - 7 pm <b>Family Class</b> <b>General Class</b> All Grades	WEDNESDAY			SATURDAY 11 am - 12 noon <b>Grading Class</b> All Grades
<b>ADULTS - EVENING CLASSES</b>	7 - 8 pm <b>Adult/ Teens</b> <b>General Class</b> All Grades	7 - 8 pm <b>Self Defence &amp; Grappling</b>	WEDNESDAY 7.30 - 8.30 pm <b>MDB</b> Glove & Bag Workout	7 - 8 pm <b>Blue Red &amp; Black</b> <b>Adult / Teens Grading</b>		SATURDAY 12.30 - 2.00 pm <b>Competition Training</b> All Grades
<b>HEALESVILLE CLASSES</b>		4 - 5 pm <b>Cubs - Under 12</b>	<b>HEALESVILLE CLASSES</b>		FRIDAY 4.30 - 5.30 pm <b>Cubs - Under 12</b>	
		5 - 6 pm <b>Teens/Adults</b>			5.30 - 6.30 pm <b>Teens/Adults</b>	

Important Dates

Term 1  
Stage 1 **Grading** week 12 April - 25th June  
Stage 2 **Grading** 10th May  
Match Play 21st June  
2nd Victorian Champs 29th, 30th May

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



## 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**