



# Black TAEKWONDO

## & MDB Fitness Programs

Term **4** 2011  
10 October - 17 December

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

#### CHILDREN'S UNDER 12 YEARS

#### RINGWOOD CLASSES

5 - 6 pm  
**Cubs**  
U12 All Grades  
**Competition Class**

5 - 6 pm  
**Cubs**  
U12 All Grades  
**General Class**

5 - 6 pm  
**Cubs**  
U12 All Grades  
**General Class**

8.30 - 10 am  
**Competition Training**

10.15 - 11.00 am  
**Eager Ninjas**  
Pre Schoolers  
4 to 6 years

#### TEENAGER'S CLASSES

6.00 - 7.30 pm  
Teens/ Adults  
**Comp' Training**  
All Grades

6.00 - 7.30 pm  
Teens/ Adults  
**Comp' Training**

#### WEDNESDAY

6 - 7.30 pm  
Teens 12 - 17  
**General Class**  
All Grades

#### THURSDAY

6 - 7.30 pm  
Kids/Teens  
**Comp' Training**  
All Grades

11.00 am - 12.30 pm  
**General Class & Self Defence**

#### ADULTS - EVENING CLASSES

7.30 - 8.30pm  
**MDB**  
Glove & Bag Workout

7.30 - 8.30pm  
**General Class**  
All grades

#### WEDNESDAY

7.30 - 8.30 pm  
**MDB**  
Glove & Bag Workout

7.30. - 8.30 pm  
**Self Defence & General**

#### Important Dates

Term 4  
10 October - 17 Dec  
Stage 1 Grading Week  
14 Nov  
Stage 2 Grading  
17 Dec

#### HEALESVILLE CLASSES

#### TUESDAY

4.30 - 5.15 pm  
U 10 class Class

5.15 - 6.30 pm  
General Class

#### HEALESVILLE CLASSES

**Upstairs -  
200a Maroondah HWY,  
Healesville**

#### FRIDAY

4.30 - 5.15 pm  
U 10 class Class

5.15 - 6.30 pm  
General Class

#### Membership Fees

Per year

**Adults: \$100**

#### Uniforms

Full time students -Healthcare card holders - Children 16 & under  
Standard White Uniform

**\$80  
\$60**

#### Training Fees

Casual Training 10 session card

**Adults \$165**

Direct Debit Over 10 months (as of April 2011)

**Children \$140**

**Adults \$110.00 per month**

**Children \$95.00 per month**

#### Discounted Fees

Full Time Students - Health Care Card Holders, Children under 16

#### Advanced Payment

10% Discount 12months in advance.

#### Insurance & Registration

We strongly recommend members to take the sports insurance option provided by the national sporting body - Taekwondo Australia Registration and Sports Insurance \$55.00  
Sport Competitor Registration & Insurance \$75

#### 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 \$165 Discount \$140**

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

Monday

7.30 - 8.30 pm

Wednesday

7.30 - 8.30 pm