



# Oswego Family YMCA Taekwondo Class Schedule

160 E Washington St, Oswego, IL 60543 · 630-551-0797



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Tiny Tigers</u></b> 4:45-5:15 GE	<b><u>Intermediate TKD</u></b> 4:45-5:30 GE	<b><u>Tiny Tigers</u></b> 4:45-5:15 GE	<b><u>Intermediate TKD</u></b> 4:45-5:30 GE	<b><u>ATAFIT</u></b> 5:00-5:30p GE	<b><u>Family TKD</u></b> 12:00-1:00p GE
<b><u>Basic TKD</u></b> 5:30-6:15 MP	<b><u>Advanced TKD</u></b> 5:30-6:15 MP	<b><u>Basic TKD</u></b> 5:30-6:15 MP	<b><u>Advanced TKD</u></b> 5:30-6:15 MP	<b><u>Family TKD</u></b> 6:30-7:30p GE	
	<b><u>Teens &amp; Adults</u></b> 7:45-8:30p GE	<b><u>Private Lessons</u></b> 6:30-7:00 MP			

**Tiny Tigers**

Ages 4-6, All Ranks

**Basic TKD** (Beginners)

Ages 7+, White/Orange/Yellow

**Intermediate TKD**

Ages 7+, Camo/Green/Purple/Blue

**Advanced TKD**

Ages 7+, Brown/Red/Rec Black

**Teens & Adults**

Ages 12+, All Ranks & Black Belts

**ATAFIT**

Ages 7+, All Ranks

**Family TKD**

All Ages & Ranks

Non-Testing Material

<b>GE</b> Group Exercise Room
<b>MP</b> Multipurpose Room

- Regular attendance is required for rank promotion eligibility
- Tiny Tigers test for 1/2 ranks and will demonstrate all material with an instructor at testing
- ATAFIT is a free fitness class available to any students (ages 7+) enrolled in TKD
- Family classes are open to anyone enrolled in TKD classes and must be taken with at least 1 other family member. These classes are TKD workouts