

Ankeny Virtual Backpack

Community Engagement Courses

Name of Event: Tae Kwon Do

Event Type: Community Engagement Courses

Event Date: 4/25/2024

Start Time: Monday and Thursday from 6:15 to 7:15

Registration Deadline: 4/25/2024

Audience: Ages 6 through 96

Details: Our Traditional Tae Kwon Do classes are structured for ages 6 and older, allowing families to do classes together. Providing a positive atmosphere for families to improve their mind and body. The benefits of Tae Kwon Do include physical fitness, weight control, increased concentration span, self-esteem, stress relief, and personal protection skills. Family fun. We hold classes year-round at this location.

Location: Crocker Elementary Gym

Cost: \$60

Organization Name: Martial Arts America

Contact Name: Bob Sledge

Contact Email: MAAAnkeny@outlook.com

Event URL: <http://www.martialartsamerica.net/>