

Taekwon-Do

Grandmaster Connelly is Evanston's most experienced Martial Arts professional. The Grandmaster's classes are fun, safe, age-appropriate and a rewarding experience on many levels. For over 25 years, his Levy Center programs have had success in teaching and motivating kids to keep growing stronger in body, mind, and spirit. Classes are available for beginning, intermediate and advanced students. For program questions (not registration), please contact Grandmaster Connelly at **847-568-0912** or visit **Connellysacademy.com**.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Tiger Cubs

Location: Levy Center

Age: 4-6

10 Weeks- Fee: \$135R/ \$169NR

Designed to be engaging and fun, this class will bring out the best in your child. Students develop focus, agility and strength in this safe, non-competitive, and non-combative class. The traditional Martial Arts values are coupled with modern, age-appropriate games and activities.

| Class# | Dates | Days | Time |
|-----------|---------------|------|----------|
| 512304-A2 | Mar 21-May 23 | M | 5:15-6pm |
| 512304-B2 | Mar 16-May 18 | W | 5:15-6pm |

Young Tigers

Location: Levy Center

Age: 7 and older

10 Weeks-Fee: \$135R/ \$169NR

This is a fun and exciting, non-competitive class in which your child will progress in the martial arts, develop leadership skills and challenge himself to be his personal best. Building competence and confidence, your child will grow stronger in mind body and spirit.

| Class# | Dates | Days | Time |
|-----------|---------------|------|-------|
| 512305-A2 | Mar 21-May 23 | M | 6-7pm |
| 542306-A2 | Mar 16-May 18 | W | 6-7pm |

Advanced Youth TKD

Location: Levy Center

Age: 4-18

10 Weeks-Fee: \$135R/ \$169NR

The class challenges youth students ranked at Red Stripe and higher to take their training to the next level. Emphasizing rank appropriate patterns, techniques and leadership, students will be prepared for advancement, both physically and mentally.

| Class# | Dates | Days | Time |
|-----------|---------------|------|-------|
| 512307-A2 | Mar 16-May 18 | W | 7-8pm |

Advanced Teens and Adults

Location: Levy Center

Age: 13 and older

10 Weeks-Fee: \$175R/ \$219NR

This class is designed to provide a challenging training opportunity to teens and adults who are ranked at Black Stripe or higher.

| Class# | Dates | Days | Time |
|-----------|---------------|------|----------|
| 513302-A2 | Mar 21-May 23 | M | 7-8:30pm |

High School Teens and Adults, All Levels

Location: Levy Center

Age: 17 and older

10 Weeks-Fee: \$135R/ \$169NR

The class provides a safe and non-competitive environment for full-body workout, self-defense training and stress relief. This program includes non-contact sparring.

| Class# | Dates | Days | Time |
|-----------|---------------|------|-------|
| 542308-A2 | Mar 16-May 18 | W | 7-8pm |

Advanced Students - Red Stripe Belts and Higher (all ages)

Location: Chandler Newberger Center

Age: 4 and older

10 Weeks-Fee: \$135R/ \$169NR

This class is designed to provide a challenging Taekwon-do training opportunity to students who are ranked at Red Stripe or higher. The health and safety of our students is our top priority. Class size is limited to 16.

| Class# | Dates | Days | Time |
|-----------|---------------|------|-----------|
| 512309-A2 | Mar 19-May 21 | Sat | 8:30-10am |

All Belt Levels (all ages)

Location: Chandler Newberger Center

Age: 4 and older

10 Weeks-Fee: \$135R/ \$169NR

From beginning to senior belts, this class offers all students of all ages an opportunity to train with Grandmaster Connelly and his experienced instructor team. This class is exciting and fun, providing opportunities to grow in body, mind, and spirit. The health and safety of our students is our top priority. Class size is limited to 16.

| Class# | Dates | Days | Time |
|-----------|---------------|------|---------|
| 512310-A2 | Mar 19-May 21 | Sat | 10-11am |

Krav Maga

Location: Levy Center

Age: 13 and older

10 Weeks-Fee: \$135R/ \$169NR

Krav Maga is a dynamic and challenging self-defense system with a focus on real-world self-protection and fitness. The exciting curriculum includes striking and kicking techniques as well as grappling skills and weapons defense. Beginning and experienced Teen and Adult students are invited to join this non-competitive class. You don't have to be an Olympic athlete to benefit from this success-based, effective program.

| Class# | Dates | Days | Time |
|-----------|---------------|------|-------|
| 512320-A2 | Mar 17-May 19 | Th | 6-7pm |

Hapkido

Location: Levy Center

Age: 17 and older

10 Weeks-Fee: \$150 R/\$188 NR

Hapkido is the most eclectic of all the Korean Martial Arts and the original "mixed martial art" with over 3000 techniques. Hapkido contains both long and close range fighting techniques emphasizing circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength.

| Class# | Dates | Days | Time |
|-----------|---------------|------|----------|
| 512321-A2 | Mar 15-May 17 | Tu | 7-8:30pm |