

Taekwondo Fall 22

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 **Connelysacademy.com**.

Tiger Cubs

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. No class 11/23.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-6

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/88NR

Class#	Dates	Days	Time	Type
532303A2	Sept 12 - Nov 14	M	5:15p-6p	In-Person
532303B2	Sept 7 - Nov 9	W	5:15p-6p	In-Person
532303C2	Nov 21 - Dec 12	M	5:15p-6p	In-Person
532303D2	Nov 16 - Dec 14	W	5:15p-6p	In-Person

Young Tigers

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. No class 11/23.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 7 and older

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/88NR

Class#	Dates	Days	Time	Type
532310A2	Sept 12 - Nov 14	M	6p-7p	In-Person
532310B2	Sept 7 - Nov 9	W	6p-7p	In-Person
532310C2	Nov 21 - Dec 12	M	6p-7p	In-Person
532310D2	Nov 16 - Dec 14	W	6p-7p	In-Person

Advanced Teens & Adults

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.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 13 and older

Fee: 10 weeks \$175R/\$219NR 4 weeks \$70R/\$114NR

Class#	Dates	Days	Time	Type
533303A2	Sept 12 - Nov 14	M	7p-8:30p	In-Person
533303B2	Nov 21 - Dec 12	M	7p-8:30p	In-Person

Advanced Youth

This class is designed to provide a challenging training opportunity to teens and adults who are ranked at Black Stripe or higher. No class 11/23.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-18

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/\$88NR

Class#	Dates	Days	Time	Type
532312A2	Sept 7 - Nov 9	W	7p-8p	In-Person
532312B2	Nov 16 - Dec 14	W	7p-8p	In-Person

High School Teens & Adults - All Levels

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. No class 11/23.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 17 and older

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/\$88NR

Class#	Dates	Days	Time	Type
534359A2	Sept 7 - Nov 9	W	7p-8p	In-Person
534359B2	Nov 16 - Dec 14	W	7p-8p	In-Person

Advanced Teens & Adults - Red Stripe & Higher

This class is designed to provide a challenging Taekwon-do training opportunity to students who are ranked at Red Stripe or higher. Class size is limited to 30. No class 11/26.

Instructor: Grandmaster Connelly

Location: Chandler-Newberger Center

Age: 4 and older

Fee: 10 weeks \$175R/\$219NR 4 weeks \$70R/\$114NR

Class#	Dates	Days	Time	Type
532313A2	Sept 10 - Nov 12	Sat	8:30a-10a	In-Person
532313B2	Nov 19 - Dec 17	Sat	8:30a-10a	In-Person

All Belt Levels

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. Class size is limited to 30. No class 11/26

Instructor: Grandmaster Connelly

Location: Chandler-Newberger Center

Age: 4 and older

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/\$88NR

Class#	Dates	Days	Time	Type
532314A2	Sept 10 - Nov 12	Sat	10a-11a	In-Person
532314B2	Nov 19 - Dec 17	Sat	10a-11a	In-Person

Hapkido

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.

Location: Levy Senior Center

Age: 17 and older

Fee: 10 weeks \$175R/\$219NR 4 weeks \$70R/\$114NR

Class#	Dates	Days	Time	Type
533357A2	Sept 6 - Nov 8	Tu	7p-8:30p	In-Person
533357B2	Nov 15 - Dec 6	Tu	7p-8:30p	In-Person

Krav Maga

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.

Location: Levy Senior Center

Age: 13 and older

Fee: 10 weeks \$135R/\$169NR 4 weeks \$54R/\$88NR

Class#	Dates	Days	Time	Type
533358A2	Sept 8 - Nov 10	Th	6p-7p	In-Person
533358B2	Nov 17 - Dec 15	Th	6p-7p	In-Person