



## Taekwondo Spring 23

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 **Connellyacademy.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 5/29.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4-6

**Fee:** 10 weeks \$149R/\$194NR

Class#	Dates	Days	Time	Type
512304A3	Mar 27-Jun 5	M	5:15p-6p	In-Person
512304B3	Mar 22-May 24	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 5/29.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 7-12

**Fee:** 10 weeks \$149R/\$194NR

Class#	Dates	Days	Time	Type
512305A3	Mar 27-Jun 5	M	6p-7p	In-Person
512305B3	Mar 22-May 24	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. No class 5/29.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 13 and older

**Fee:** 10 weeks \$193R/\$251NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
513302A3	Mar 27-Jun 5	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.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4-18

**Fee:** 10 weeks \$149R/\$194NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
512307A3	Mar 22-May 24	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.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 17 and older

**Fee:** 10 weeks \$149R/\$194NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
512308A3	Mar 22-May 24	W	7p-8p	In-Person

### **Advanced Teens & Adults- Red Stripe & Higher**

This class is designed to provide a challenging Taekwondo training opportunity to students who are ranked at Red Stripe or higher. Class size is limited to 30. No class May 6.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4 and older

**Fee:** 10 weeks \$193R/\$251NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
512309A3	Mar 25-Jun 3	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 May 6.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4 and older

**Fee:** 10 weeks \$149R/\$194NR

Class#	Dates	Days	Time	Type
512310A3	Mar 25-Jun 3	Sat	10a-11a	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. No class May 4.

**Location:** Levy Senior Center

**Age:** 13 and older

**Fee:** 10 weeks \$149R/\$194NR

Class#	Dates	Days	Time	Type
512320A3	Mar 23	12-Jun 1	6p-7p	In-Person