



## Taekwondo Fall 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 **Connellysacademy.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.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4-6

**Fee:** 14 weeks \$210R/\$280NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532303A3	Sept 11-Dec 11	M	5:15p-6p	In-Person
532303B3	Sept 13-Dec 13	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. By building competence and confidence, your child will grow stronger in mind, body, and spirit.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 7-12

**Fee:** 14 weeks \$210R/\$280NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532310A3	Sept 11-Dec 11	M	6p-7p	In-Person
532310B3	Sept 13-Dec 13	W	6p-7p	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:** 14 weeks \$210R/\$280NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532312A3	Sept 13-Dec 13	W	7p-8p	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:** 14 weeks \$280R/\$350NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533303A3	Sept 11-Dec 11	M	7p-8:30p	In-Person

### High School Teens & Adults- All Levels

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

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 17 and older

**Fee:** 14 weeks \$210R/\$280NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534359A3	Sept 13-Dec 13	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. The class size is limited to 30.

No class on 11/18, & 11/25.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4 and older

**Fee:** 12 weeks \$240R/\$300NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532313A3	Sept 16-Dec 16	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. The class size is limited to 30.

No class on 11/18, & 11/25.

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4 and older

**Fee:** 12 weeks \$180R/\$240NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532314A3	Sept 16-Dec 16	Sat	10a-11a	In-Person

### **Introductory Martial Arts for Women**

This class is for women ages 12 and up interested in beginning Taekwon-do. A non-competitive program with a strong focus on self-defense, we are committed to creating a safe and fun experience for all.

**Instructor:** Ellen Lonquist, 3rd Dan Taekwon-do, and Tamar Gutman, 2nd Dan Taekwon-do

**Location:** Levy Senior Center

**Age:** 12 and older

**Fee:** 14 weeks \$196R/\$266NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
532321A3	Sept 11-Dec 11	M	6p-6:55p	In-Person

### **Krav Maga**

Krav Maga is a dynamic and challenging self-defense system focusing on real-world self-protection and fitness. The exciting curriculum includes striking and kicking techniques, 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 on 11/23.

**Location:** Levy Senior Center

**Age:** 13 and older

**Fee:** 13 weeks \$195R/\$260NR

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
533358A3	Sept 14-Dec 14	Th	6p-7p	In-Person