



Taekwondo Winter 24

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. No class on 1/15.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-6

Fee: 11 weeks \$154R/\$209NR 12 weeks \$168R/\$228NR

Class#	Dates	Days	Time	Type
542301A4	Jan 8-Mar 25	M	5:15p-6p	In-Person
542301B4	Jan 10-Mar 27	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. No class on 1/15.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 7-12

Fee: 11 weeks \$154R/\$209NR 12 weeks \$168R/\$228NR

Class#	Dates	Days	Time	Type
542305A4	Jan 8-Mar 25	M	6p-7p	In-Person
542305B4	Jan 10-Mar 27	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 on 1/15.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 13 and older

Fee: 11 weeks \$187R/\$242NR

Class#	Dates	Days	Time	Type
543360A4	Jan 8-Mar 25	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: 12 weeks \$168R/\$228NR

Class#	Dates	Days	Time	Type
542307A4	Jan 10-Mar 27	W	7p-8p	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: 12 weeks \$168R/\$228NR

Class#	Dates	Days	Time	Type
542308A4	Jan 10-Mar 27	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.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 12 weeks \$204R/\$264NR

Class#	Dates	Days	Time	Type
542309A4	Jan 6-Mar 23	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.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 12 weeks \$168R/\$228NR

Class#	Dates	Days	Time	Type
542310A3	Jan 6-Mar 23	Sat	10a-11a	In-Person

Introductory Martial Arts for Women

This class is for women ages 12 and up interested in beginning Taekwondo. A non-competitive program with a strong focus on self-defense, we are committed to creating a safe and fun experience for all. No class on 1/15.

Instructor: Ellen Lonnquist, 3rd Dan Taekwon-do, and Tamar Gutman, 2nd Dan Taekwondo

Location: Levy Senior Center

Age: 12 and older

Fee: 11 weeks \$154R/\$209NR

Class#	Dates	Days	Time	Type
542326A4	Jan 8-Mar 25	M	6p-6:55p	In-Person