



## 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 successfully taught and motivated 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 **Connelly'sacademy.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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
543360A4	Jan 8-Mar 25	M	7p-8:30p	In-Person

### **Advanced Youth**

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

**Instructor:** Grandmaster Connelly

**Location:** Levy Senior Center

**Age:** 4-18

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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
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 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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
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 exciting and fun class provides 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

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

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

This class is for women aged 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

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