



Taekwondo Spring 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 **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: A4 8 weeks \$112R/\$152NR B4 9 weeks \$126R/\$171NR

Class#	Dates	Days	Time	Type
512301A4	Apr 1-May 20	M	5:15p-6p	In-Person
512301B4	Apr 3-May 29	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: A4 8 weeks \$112R/\$152NR B4 9 weeks \$126R/\$171NR

Class#	Dates	Days	Time	Type
512305A4	Apr 1-May 20	M	6p-7p	In-Person
512305B4	Apr 3-May 29	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: 8 weeks \$136R/\$176NR

Class#	Dates	Days	Time	Type
513302A4	Apr 1-May 20	M	7p-8:30p	In-Person

Advanced Youth Red Stripe & Higher

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

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-18

Fee: 9 weeks \$126R/\$171NR

Class#	Dates	Days	Time	Type
512307A4	Apr 3-May 29	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: 9 weeks \$126R/\$171NR

Class#	Dates	Days	Time	Type
512308A4	Apr 3-May 29	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 and higher. Class size is limited to 30. No class on 4/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 8 weeks \$136R/\$176NR

Class#	Dates	Days	Time	Type
512309A4	Apr 6-Jun 1	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. No class on 4/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 8 weeks \$126R/\$171NR

Class#	Dates	Days	Time	Type
512310A3	Apr 6-Jun 1	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.

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

Location: Levy Senior Center

Age: 12 and older

Fee: 8 weeks \$112R/\$152NR

Class#	Dates	Days	Time	Type
512326A4	Apr 1-May 20	M	6p-6:55p	In-Person