



Taekwondo Fall 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. No class on 11/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-6

Fee: 15 sessions \$210R/\$273NR

Class#	Dates	Days	Time	Type
532303A4	Sept 9-Dec 16	M	5:15p-6p	In-Person
532303B4	Sept 4-Dec 18	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 11/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 7-12

Fee: 15 sessions \$210R/\$273NR

Class#	Dates	Days	Time	Type
5323102A4	Sept 9-Dec 16	M	6p-7p	In-Person
532310B4	Sept 4-Dec 18	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: 15 Session \$255R/\$332NR

Class#	Dates	Days	Time	Type
533303A4	Sept 9-Dec 16	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 Black Stripe or higher. No class on 11/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4-18

Fee: 15 sessions \$210R/\$273NR

Class#	Dates	Days	Time	Type
532312A4	Sept 4-Dec 18	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. No class on 11/27.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 17 and older

Fee: 15 sessions \$210R/\$273NR

Class#	Dates	Days	Time	Type
533442A4	Sept 4-Dec 18	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. No class on 11/30.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 14 sessions \$238R/\$310NR

Class#	Dates	Days	Time	Type
532313A4	Sept 7-Dec 14	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 11/30.

Instructor: Grandmaster Connelly

Location: Levy Senior Center

Age: 4 and older

Fee: 14 sessions \$196R/\$255NR

Class#	Dates	Days	Time	Type
532314A4	Sept 7-Dec 14	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, 3rd Dan Taekwondo

Location: Levy Senior Center

Age: 12 and older

Fee: 15 sessions \$210R/\$273NR

Class#	Dates	Days	Time	Type
532321A4	Sept 9-Dec 16	M	6p-6:55p	In-Person