



## Fall Enrichment 2022- Tae Kwon Do

### **Who:**

Students grades K-8 who reside in the Towns of Milton, Malta, Ballston, or the Village of Ballston Spa.

**COST:** \$50 per student per 5 week registration. *(Scholarships are available)*

### **When and Where:**

#### **Days:**

- Wednesdays (**Grades 6-8**) 10/5, 10/12, 10/19, 10/26, 11/2
- Fridays (**Grades K-5**) 10/7, 10/14, 10/21, 10/28, 11/4

**Time: Wednesdays** 4:15-5:15pm  
**Fridays** 5-6pm

The Torres Tae Kwon Do Martial Arts program will help your child improve many character development traits. You will see an improvement in fitness, focus, self control and self esteem. We strive to incorporate the tenants of Tae Kwon Do which includes Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit in every class, all while having fun! Master Torres (Lead Instructor) is the owner of Torres Ultimate Fitness in Malta and an experienced teacher of over 20 years.

**HOW TO REGISTER:** Log onto [www.ballstonarearec.org](http://www.ballstonarearec.org) and go to our online registration by clicking "Register/Log In". If you have already created an online account, you will be able to access the information from your last registration. **If any of your personal information has changed, please update it to ensure that you receive program updates.** If you have not previously registered online for a BARC program, you will need to create an account and register.

Online registration will open **September 15<sup>th</sup>** and will close on **October 4<sup>th</sup>**. Space is limited for this program, and registration is 'first come, first serve'. If you need help registering, email [ballstonarearec@gmail.com](mailto:ballstonarearec@gmail.com) . If you have questions about the program, please email Ryan Cummings, Program Coordinator at [cummings.ryan38@gmail.com](mailto:cummings.ryan38@gmail.com).

