



LIVINGSTON  
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

## Tae Kwon Do Programs - FALL 2021

COED, AGES 6+

**Youth:** Ages 6—11  
**Adult:** Ages 12+  
**Dates:** Wednesday, September 22 - December 15, 2021  
*No session 11/24*  
**Time:** Youth: 7—8 pm Adult: 8—9:30 pm  
**Location:** Mt. Pleasant Elementary School Gym, 11 Broadlawn Drive  
**Fee:** \$168.00



**All students must wear a mask.**

This class teaches a specific and traditional martial art for everyone ages 6 & up. Students will learn practical self defense while acquiring discipline, conditioning the body, gaining self-confidence and reducing stress.

Every class begins with a series of traditional movements known as basic form. This warm up prepares the body and the mind for workout. The focus then turns to the unique style of kicking for which tae kwon do is known. Throughout the practice, students investigate the philosophical and creative application for the physical techniques and movements. Every class emphasizes the artistic connection between the body and the mind.

*This class is taught by 5th degree black belt Steven Safran. Steve has been teaching Tae Kwon Do for over 20 years. He also has a Masters Degree in education.*

**Registration begins** for Residents Monday, August 23, 8:30 am, online at [Community Pass](#) or in person at SYLS Office, 204 Hillside Ave., Monday—Thursday, 8:30 am—4:30 pm, **Fridays, 8 am—1 pm in effect from June 11 through September 10.**

Pre-registration required.

Questions: **Call 973-535-7925**, option 8 or email [syls@livingstonnj.org](mailto:syls@livingstonnj.org)