



2019 - 2020



Monticello Academy Taekwondo

Description:

Students, Parents, Teachers and Staff participate in the martial art and Olympic sport of taekwondo. The program features: Cardiovascular Conditioning, Traditional Kicking & Striking, Olympic Technique & Movement, Self-Defense, Working Well with Others, Systematic Full Body Workout, Strength, Conditioning, Coordination & Flexibility, and Self-Control & Development.

Requirement:

- Sport Physical Form: **Due by September 13th**.

Tuition:

• White Belt:	\$60.00 Monticello Student	\$80.00 NON-Monticello	\$40.00 Adult Student
• Yellow/ Green Belt:	\$65.00 Monticello Student	\$85.00 NON-Monticello	\$45.00 Adult Student
• Blue / Red Belt:	\$70.00 Monticello Student	\$90.00 NON-Monticello	\$50.00 Adult Student
• Black Belt:	\$75.00 Monticello Student	\$90.00 NON-Monticello	\$50.00 Adult Student

Policy:

- White Closed V-neck Taekwondo Uniforms are required for participation.
- Intermediate and Advanced students are required to have properly fitting approved sparring equipment.
- Liability Waiver on the opposite side of this form must be complete and signed.
- Tuition will be billed to your monthly invoice & it is **Non-Refundable, Non-Transferable** and **Non-Prorated**.
- A **10% Discount** for each additional Family Member who signs up.
- A **30-day notice** is required for any withdrawal or changes. All notices **must be e-mailed** to Ms. Rebecca Leung @ rluong@monticelloacademy.org and Ms. Justine @ jtran@monticelloacademy.org
Verbal notices **are not** acceptable.
- **NO classes** during school breaks, holidays, or school special events.
- **NO make-up** classes unless the instructor re-schedules the class.
- Class are offered for students **2nd grade or higher**.
- Parents may be asked to attend a taekwondo orientation. Details will be e-mailed by the Instructor.
- Please contact Mr. Fluker at lfluker@monticelloacademy.org for any questions.

Schedule:

Belt Color	Day	Children (Ages 7 – 11)	Cadets (Ages 12 – 14)	Junior (Ages 15– 17)	Senior (Ages 18 and older)
White	<u>Oct – Jan:</u> Tues & Thurs.	3:40PM – 4:30PM	3:40PM – 4:30PM	3:40PM – 4:30PM	3:30PM – 4:40PM
	<u>Jan. – May</u> Mon. & Wed.	3:50PM – 4:50PM	3:50PM – 4:50PM	3:50PM – 4:50PM	3:50PM – 4:50PM
Yellow / Green (Sept. – May)	Mon. & Wed.	3:50PM – 4:50PM	3:50PM – 4:50PM	5:00PM – 6:30PM	5:00PM – 6:30PM
Blue / Red (Sept. – May)	Mon. & Wed.	5:00PM – 6:30PM	5:00PM – 6:30PM	5:00PM – 6:30PM	5:00PM – 6:30PM
Black (Sept – May)	Mon. & Wed.	5:00PM – 6:30PM	5:00PM – 6:30PM	5:00PM – 6:30PM	5:00PM – 6:30PM
	Friday	3:45PM – 5:00PM	3:45PM – 5:00PM	3:45PM – 5:00PM	3:45PM – 5:00PM
Sparring / Team Practice (Sept. – May)	Friday	3:45PM – 5:00PM	3:45PM – 5:00PM	3:45PM – 5:30PM	3:45PM – 5:00PM