

Grades 2-5

Girls' Tae Kwon Do Club

with Shawna Ruedy



Tae Kwon Do

- promotes the following tenets: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit.
- builds confidence, discipline and motivation.
- provides a sense of community and empowerment.

When: Wednesdays and Fridays from 3:30-4:45 for the semester

Cost: \$250 for one class a week, \$350 for both.

Program starts: January 30th

Registration deadline: January 29th

Tae Kwon Do practice will be in D4 (in Mrs. Ruedy's classroom). Participants will be given time for snack and homework (on Wednesdays). Please bring comfortable clothes, a water bottle and snack.

Pick up: Lower School Livingston Carline

About the instructor: Shawna Ruedy started Tae Kwon Do in the third grade. She earned her black belt by age 12 and now holds a 5th degree Master rank. She competed in many regional, national and international competitions during her career. She has 15 years of experience teaching Tae Kwon Do to students ages 4-50. Mrs. Ruedy gives a lot of credit to this sport for helping with confidence, discipline and determination.

Contact Shawna Ruedy for questions at sruedy@communityschoolnaples.org

Participant's Name: _____ Grade: _____

(Please Check Any and ALL) Attending: Wednesday _____ Friday _____

Emergency # and Name: _____

I hereby release Shawna Ruedy & The Community School of Naples, its director, and its instructors from liability from injury, illness, or death suffered by my child in connection with this club. Should my child suffer from an injury or from an illness, I authorize Shawna Ruedy to use their discretion to have him transported to a medical facility, and I take full responsibility for this action. My child is in good physical condition to participate.

Signature (Parent or Guardian): _____ Date: _____