

High Prairie Tiger Taekwondo

CLASS SCHEDULE

Monday and Wednesdays, beginning September 15th, 2008

Children's' Classes - 5:30 to 6:15pm (ages 6 to 12)

Children's' Classes - 5:30 - 6:00pm (ages 3 to 5)

Adult Classes - 6:30 to 7:30pm

LOCATION

Bodyshapers Gym (beside the Post Office)

Head Instructor - Darla Daly

- * Taekwondo student for 22 years
- * Taekwondo Instructor for 19 years
- * Bachelor of Education Degree from the University of Alberta
- * Taught 2-1/2 years of High School and Junior High School
- * Currently stay at home Mom and Substitute Teacher
- * Level 1 Coaching NCCP Certificate
- * Active volunteer in the High Prairie community