

Tae Kwon Do - Spring News

UPCOMING COURSE INSTRUCTORS – 101

Mr Siminoff will be teaching the instructors 101 course soon – this is open to students blue belt and above and intended for students that have not taken it before – students interested are asked to see Mr Siminoff so that we can begin to plan a time and place based on numbers.

We appreciate and thank all students for keeping current with your monthly fees - If you are unsure where you are at with your fees, please see Nadine in the office

CHILD MINDING – NURSERY

Nursery is currently being provided during both classes in Nelson and is currently free of charge – parents that are using the service are asked to keep in touch with me so I know who is using it and how many people are using it – also it is important that I be kept informed of any problems that may come up or safety concerns – we want to continue to provide this service as long as we know the demand is there.

CLASS PLAN AND TEACHING SCHEDULE

Crescent Valley classes are Monday and Friday

- 5:45 beginners – all ages (usually adults and kids split)
- 6:45 – advanced – all ages

Nelson Class times are Monday and Thursday

- 5:30 ADULTS at the Anglican hall
- 5:30 CHILDREN age 4 – 12 at the main hall – This is Super Tigers and Tiny Tigers staying downstairs in main hall - this seems to be working well
- 6:40 ADVANCED – all ages including Storm team

Nelson second and fourth Thursday of every month

- 6:40pm – Black Belt training

SAFETY FIRST !

As I am sure all students appreciate and understand SAFETY is a #1 priority in our school – NO one needs to get injured and obviously no one wants to – most of us need our physical health so that we can go to work each day – injuries can prevent us from training and of course we are doing that because of the great benefits – if we all keep this in mind in all that we do within the Dojang, to look out for our partners and stay FOCUSED while we are training most injuries can be prevented. REMINDER IT IS MANDATORY THAT ALL INJURIES BE REPORTED TO MR SIMINOFF, NO MATTER HOW SMALL. – Black Belts especially are expected to be observant of this and prevent incidents and report them also

Spring Break Class Times

For Spring break class times from March 12 to March 23 – 2 weeks - we will have just one class per day due to some students being away at different times on spring break

- **CRESCENT VALLEY – AT 5:45 ONLY – MONDAY AND FRIDAY**
- **NELSON – AT 5:30 ONLY IN THE MAIN HALL – MONDAY AND THURSDAY**

Back to regular class times on March 26th

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit