

The Town of Somers Parks and Recreation in conjunction with
Chung Ma's Taekwondo of Mahopac Inc



S.I.S.
Taekwondo
Club

When: Wednesday's
1/18 - 3/8 No class 2/22
Time: 8:15-9:00am
Location: S.I.S 5th Grade Great Room
Fee: \$110.00 for 7 weeks

Chung Ma's Taekwondo will be offering their fun and exciting Taekwondo Club for all Somers Intermediate School students.

This program will consist of learning the basic blocks, kicks and punches of the martial art in a safe fun atmosphere. By learning these techniques we will not only be enhancing the student's **physical abilities** but also their **confidence, self-control, focusing skills, self-defense and the "Yes I can attitude"**. Board breaking and special games will also be a part of the program to help teach the martial art and stimulate the children's physical and mental abilities.

The instructor for the class will be Master Wayne DeRosa, who is a 7th degree black belt as well as a National and International Champion. Master DeRosa has been instructing for the past 25 years within Mahopac and also teaches Taekwondo at the Mahopac and Putnam Valley school districts for the past 16 years.

To see a quick video on his program please search up the following like.

<https://youtu.be/SdJzFqf-Muk>.

If you have any further questions feel free to call or email Master Wayne at 845-628-7760
chungmas01@aol.com.

Registration:

- Registration is open to Somers Intermediate School Students only.
- Will be accepted BY MAIL ONLY OR IN THE RECREATION OFFICE beginning Wednesday, January 4th and processed daily until all spaces are filled or January 11th whichever *comes first*.
- To register use the registration form, [click here](#). Mail to: **Somers Department of Parks & Recreation, PO Box 46, Somers, NY 10589**, with name of the program on envelope and check.
- Please make checks payable to: Chung Ma's Taekwondo