

Taekwondo Practice in Exshaw.

Our former Taekwondo instructor, David Lister, retired to Vancouver Island and we have not been able to find another certified instructor.

We have a local volunteer, Quintin Springstead, working with the Exshaw Community Association to offer a chance for residents to continue to practice what they learned, to have fun in our community and to build their skills while he works towards getting his black belt and instructor certification.



Wednesdays, Youth 5-17; 5:15-6:00pm, Adult sparring; 6:00-6:45 pm. Classes to start April 11 to June 20 with a for the summer. We plan to continue in September 2018 upon review and success of the first class sessions.

Youth can drop in for a first introduction class at \$10 but must register to continue to participate. Adult sparring will be on a drop-in basis with weekly confirmation for a \$10/week fee.

Fees: In order to cover liability insurance and equipment costs a nominal fee of \$65 + GST is charged, Quintin is volunteering his time.

Class Structures

Youth - review of old forms, physical training and defense techniques with fun games for younger kids. Youth classes are for fun, friends, and experience, they are ***not*** formal Taekwondo training. **Kids under 12 must have a parent present during class and parents need to be patient for the first few classes, while volunteers are figuring out their plans and setting the program up.**

Adults - will mainly involve free time for form review and physical training/sparring sessions. For experienced Taekwondo/Karate students only. Not an instructional class.

About Quintin Springstead:

Quintin has lived in Exshaw for the past 10 years. Having started Taekwondo with David Lister 2.5 years ago, Quintin quickly developed a love of the sport. Since David's retirement Quintin has worked on bringing a fun Taekwondo inspired class to Exshaw for youth and adult practice. Quintin has his reached his purple belt, is working towards black belt and has experience volunteering in coaching through soccer and Bow Valley Pond Hockey. Quintin will volunteer his time to run these Taekwondo sessions in Exshaw.

Register with the MD of Bighorn **by April 5**, Registration information, methods and forms are at mdbighorn.ca/323/Exshaw-Fitness-General-Interest-Classes

Call Community Services for further information 403-673-3611, x 223

