



# Taekwondo Inspired Fitness



Local volunteer, Quintin Springstead, is working with the Exshaw Community Association to offer a chance for area youth to practice what they learned with David Lister, to have fun in our community and to build their skills while Quintin works towards getting his black belt and instructor certifications.



**When:** 13 Wednesdays; January 9 to April 3, 2019

**Time:** 5:30-6:15 pm

**Where:** Exshaw Community Hall

**Who:** Youth 5-17, **Youth under 12 must be accompanied by an assisting adult.**

**Fees:** In order to cover liability insurance, class space and equipment costs a nominal fee of \$60 + GST is charged, Quintin is volunteering his time.

Youth can drop in for a first introduction class at \$10 but must register to continue to participate.

## Class Structure

Practice of forms and exercises, physical training and defense techniques with fun games for younger kids. Classes are for fun, friends, and experience, they are **not** formal Taekwondo training. Focus is self-control, self-defense, kicking and punching.

## About Quintin:

Quinton 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. 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 again volunteer his time to run these Taekwondo inspired sessions in Exshaw.

Register with the MD of Bighorn **by January 4, minimum 6 to run.**

Registration information, methods and forms are at  
[mdbighorn.ca/327/Fitness-Recreation-Classes](http://mdbighorn.ca/327/Fitness-Recreation-Classes)

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