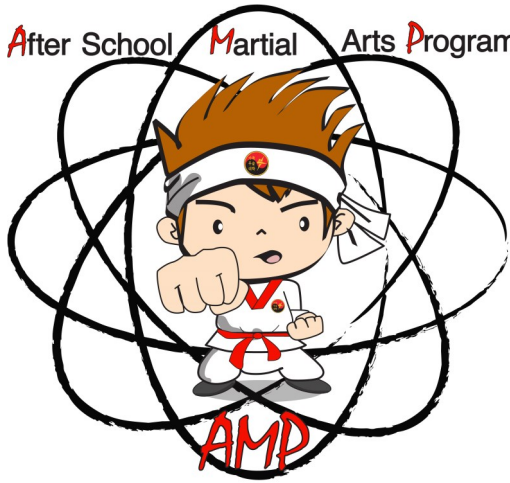


After School Martial Arts Program



**GET FIT & FOCUSED IN OUR  
KICKIN'  
AFTER SCHOOL PROGRAM!**

Boltz's After School Care provides transportation for students from their school to Boltz's Family Martial Arts Academy for our fun and focused after-school care.

AMP students are provided directed homework time, games, crafts, activities and, of course, martial arts classes! Send your child here for some after-school kicks!

1 Day	2 Days	3 Days	4-5 Days
\$85/m	\$170/m	\$255/m	\$340/m

AMP kids get to attend School Release Camps at 50% off!  
AMP students save 50% on Spring Break Camp!  
Register for 4 days of AMP and receive the 5th day FREE!

**Now enrolling! Call today!**

**Martial Arts  
Birthday Parties!**

We take birthday parties to a whole new level of fun!



**Taekwondo!**

**Ninja Sword cake cutting!**

Sit back to enjoy the glee and excitement of your child's party or step on the mat and join in the fun! Either way, we do all of the work—you just provide the guests and refreshments!

**This unforgettable experience will likely be a tradition your child hopes to repeat year-after-year!**

**GAMES!** **Obstacle Courses!**



**Only \$125 for UNLIMITED guests!**

Parties are scheduled on Sundays  
11 a.m.-1 p.m. or 1:30-3:30 p.m.

**Call now to reserve your party!**  
Ask about our Ninja Battle Package add-on!



**Little Dragons**

(Ages 3 and 4)

The Little Dragons program is a preschool/kindergarten-age program that introduces young children to Taekwondo through basic skills, positive reinforcement and skill-building activities. Students gain the physical benefits of fitness and coordination while improving focus, self-control, confidence, and cooperation with their instructors and their peers. Little Dragons learn all of the important skills they need for a jump-start on their upcoming school experiences!

**Give your child the advantage Little Dragons provides.**



**Taekwondo**

(Ages 5+)

The Traditional Taekwondo program develops students through instruction of kicking combinations, practical self-defense, traditional patterns and more! Practitioners receive the benefits of enhancing the body through physical fitness and coordination while improving their minds and spirits with confidence, self-control, discipline and respect.

**Taekwondo aims to achieve:  
Courtesy, Integrity, Perseverance,  
Self-control and Indomitable Spirit!**



Find us on  
Facebook

facebook.com/boltzstkd



Check us out  
On YouTube

youtube.com/boltzstaekwondo

**Boltz's Family  
Martial Arts Academy**



**Where family fun and martial arts meet!**

**780 South Plaza Drive  
Mendota Heights, MN 55120  
(651) 683-0355**

Visit us online!  
[www.boltzsTKD.com](http://www.boltzsTKD.com)

Email: info@boltzsTKD.com

# Class Schedule

	Mon	Tues	Weds	Thurs	Fri	Sat
<b>10:00</b>	Little Dragons	Little Dragons	Little Dragons	Little Dragons	Little Dragons	
<b>11:00</b>	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD
<b>Noon</b>	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD
<b>3:10</b>	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	
<b>4:10</b>	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	
<b>5:20</b>	Little Dragons	Little Dragons	Little Dragons	Little Dragons	Little Dragons	
<b>6:15</b>	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	Kids/Family TKD	All Levels TKD	
<b>7:30</b>	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD	Teen/Adult TKD		

## Rates

<b>Little Dragons</b>	
1-Time Enrollment Fee	\$100
Basic Monthly Membership	\$109/m
<b>Little Dragons 1-Year Paid-in-Full</b>	
1-Time Enrollment Fee	\$100
Annual Fee (Save \$208)	\$1,100
<b>Taekwondo</b>	
1-Time Enrollment Fee	\$100
Basic Monthly Membership	\$129/m
<b>Taekwondo 1 Year Paid-in-Full</b>	
1-Time Enrollment Fee	\$100
Annual Fee (Save \$248)	\$1,300

## Additional Family Member Discounts

(Little Dragons & Taekwondo)

1-Time Enrollment Fee	\$75
Second Family Member	25% OFF/m
Third Family Member	50% OFF/m
Fourth Family Member	75% OFF/m
Fifth+ Family Member	<b>FREE!!</b>

## Other Programs

In addition to our fantastic Taekwondo and Little Dragon programs, we also offer:

- After School Care
- Summer Camps
- Day Camps
- Hapkido
- Korean Sword
- Sparring Team
- Demo Team
- Leadership Team

See the Front Desk or call us anytime for more info!

## Getting Started

Choose a program or two that interests you, throw on some comfortable clothes and take advantage of our two week free trials! Our trials are designed to give you the opportunity to test-drive our classes to be sure they are a good fit for you and your family. Make sure the class is what you're looking for and make sure our schedule fits into your busy life! Enjoy UNLIMITED classes for your entire two weeks. Give us a call or stop by and get started!

**Appointments are required for your first visit, Call today!**

## Try our 2 Week FREE Trial!

*No Cost ... No Obligation!*

We welcome and encourage everyone to try any of our incredible martial arts classes. Join us for two weeks, no obligation, absolutely FREE for unlimited Taekwondo, Little Dragons!

## Drop-In Classes

That means you can drop-in on any classes in your program-of-choice as often as you like. No assigned days, no limit to your training!

*Always Enrolling New Students!*

***We recommend 2-3 classes per week***



Key Fitness and Yoga offers quality Group Exercise and premium Yoga classes right here, on-site!

Visit Key Fitness and Yoga online at [FindYourFitHere.com](http://FindYourFitHere.com).

All martial arts members can attend unlimited classes at Key Fitness and Yoga; it is included with your membership!