

Martial Arts

Little Dragons Taekwondo

This method of unarmed combat utilizes scientific principles in order to maximize its effectiveness. Merging the mind and body.

Ages: 4-6 years old
Cost: \$55 per month
Day: Mondays
Time: 4:30 PM - 5:30 PM
Instructor: April Pepper
Location: Alamosa Family Recreation Center

Childs Class Taekwondo

This method of unarmed combat utilizes scientific principles in order to maximize its effectiveness. Merging the mind and body.

Ages: 7-12 years old
Cost: \$45 per month
Days: Mondays & Wednesdays
Time: 5:30 PM - 6:30 PM
Instructor: Tina Baldwin
Location: Alamosa Family Recreation Center

Adult Class Taekwondo

This method of unarmed combat utilizes scientific principles in order to maximize its effectiveness. Merging the mind and body.

Ages: 13+ years old
Cost: \$45 per month
Days/Times: Mondays (6:30 PM - 8:00 PM)
Wednesdays (6:45 PM - 8:00 PM)
Instructor: Tina Baldwin
Location: Alamosa Family Recreation Center

Aikido

Aikido is the Japanese martial art of peaceful reconciliation. Aikido teaches a non-violent, harmonious approach to self-defense in which the student blends with an attack and redirects its force so that neither defender nor attacker are hurt.

Days/Times: Saturdays 9:00 AM -11:00 AM & Tuesdays 6:00 PM - 8:00 PM

Fees: \$40/month, \$12 Mat fee

Instructor: Kathy Park, Black Belt

Location: Alamosa Family Recreation Center

\$5 Multi-family discount

Arts

Painting

Explore the possibilities; beginners are welcome. Whatever your skill level, you will advance & improve by learning principles of color and composition, paint mixing and drawing in paint.

Days/Times: Tuesday 6:00 PM - 9:00 PM

Thursdays 9:00 AM - 12:00 PM

Fees: \$90

Instructor: Coni Grant

Location: Alamosa Family Recreation Center

- **A materials package can be purchased through instructor.**

