



TOWN OF HAMDEN

RECREATION DEPT

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November 18, 2016

For immediate release- please print as often as possible

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HAMDEN RECREATION DEPT OFFERS TAE KWON DO PROGRAM

Hamden Recreation Dept. and Bashta's Martial Arts are happy to offer a Tae Kwon Do program for boys & girls ages 6 – 12. While learning fundamental kicks, strikes and blocks, the students will also be learning balance and coordination. The program strives to instill respect and discipline while teaching self-defense and self-esteem.

Session 2: runs November 30th – January. 18th, Session 3: February 1st – March 15th.
Session 4: March 29th – May 17th. Classes are held on Wednesdays from 6 - 7pm. Cost per session is \$70 per sessions. All sessions are held at Shepherd Glen School, Skiff St Ext.

Check out www.bashtasmartialarts.com or www.hamden.com for registration information or visit Recreation office at 2750 Dixwell Ave. For additional information, please call 203-248-2274.