

Mommy & Me Program

Ages 18 mos. – 3 ½ years



Toddlers enjoy a fun-filled curriculum while developing movement awareness, motor skills, balance, coordination, flexibility and agility.

Benefits

- One ½ hour class per week
- Martial Arts activities
- Basic gymnastics and tumbling
- Age appropriate games
- Encourage children to channel aggression into a positive pastime.
- And a whole lot more!

A psychological study found that children in martial arts programs have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher sense of self-esteem. This is why millions of parents are using martial arts to supplement their children's education.

Weekend and Day Classes Available

Hurry – Classes fill up quickly!

Fall Session Forming Now!

Sykesville Tae Kwon Do Academy
410-549-KICK (5425)
www.sykesvilletaekwondo.com
info@sykesvilletaekwondo.com