



Spring 2 3/29 - 5/30

Updated on: 2/19/2010

MONDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|------------|------|------------------------|----------|-----------|-----------|
| AM | | | | | |
| 9:30-10:25 | 3-4 | Preschool Gymnastics I | 03010-20 | \$26/\$51 | 3/29/24 |
| 11:30-1:3 | 18+ | Adult Basketball | 03491-70 | \$15 | 4/02-6/30 |
| PM | | | | | |
| 4:00-4:45 | 3-5 | Lil ' Rascals | 03001-11 | \$26/\$51 | 3/29-5/24 |
| 5:00-6:00 | 6-12 | Fit Together | 03118-11 | \$29/\$54 | 3/29-5/24 |
| 6:00-7:00 | 8-12 | Floor Hockey | 03127-20 | \$29/\$54 | 3/29-5/24 |

TUESDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|-------------|-------|----------------------------|----------|-----------|-----------|
| AM | | | | | |
| 9:30-10:25 | 4-5 | Preschool Gymnastics II | 03011-12 | \$26/\$51 | 3/30-5/25 |
| 10:30-11:15 | 3-5 | Preschool Soccer | 03002-11 | \$26/\$51 | 3/30-5/25 |
| PM | | | | | |
| 5:45-6:45 | 10-15 | Volleyball Clinic | 03101-11 | \$16/\$23 | 3/30-4/27 |
| 5:45-6:15 | 3-5 | T-Ball Clinic | 03111-11 | \$13/\$16 | 5/6-5/27 |
| 6:30-7:15 | 3-5 | Lil ' Athletes | 03001-11 | \$26/\$51 | 3/30-5/25 |
| 6:30-8:00 | 10-17 | Middle/ High School B-ball | 03228-70 | \$5 | 3/30-5/27 |

WEDNESDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|------------|-------|-------------------------|----------|-----------|------------|
| AM | | | | | |
| 11:30-1:30 | 18+ | Adult Basketball | 03491-70 | \$15 | 4/02-6/30 |
| PM | | | | | |
| 4:00-5:00 | 6-9 | Golf Academy | 03141-31 | \$29/54 | 03/31-5/26 |
| 4:30-5:25 | 4-5 | Preschool Gymnastics II | 03011-22 | \$26/\$51 | 03/31-5/26 |
| 5:00-6:00 | 10-14 | Golf University | 03141-32 | \$29/\$54 | 03/31-5/26 |
| 5:00-6:00 | 6-12 | Fit Together | 03118-31 | \$29-\$54 | 03/31-5/26 |
| 5:30-6:25 | 5+ | Beginner Gymnastics | 03145-22 | \$29/\$54 | 03/31-5/26 |
| 6:15-7:15 | 10-14 | Capture the Flag | 03125-31 | \$29/\$54 | 03/31-5/26 |
| 6:30-7:35 | 6+ | Intermediate Gymnastics | 03146-22 | \$29/54 | 03/31-5/26 |

THURSDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|------------|-------|---------------------------|----------|-----------|-----------|
| PM | | | | | |
| 12:15-1:00 | 3-5 | Lil Athletes | 03001-41 | \$26/\$51 | 4/01-5/27 |
| 6:30-8:30 | 10-17 | Middle/High School B-ball | 03228-70 | \$5 | 3/30-5/27 |

FRIDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|------------|------|------------------|----------|------|-----------|
| AM | | | | | |
| 11:30-1:30 | 18+ | Adult Basketball | 03491-70 | \$15 | 4/02-6/30 |

SATURDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|-------------|------|-------------------------|----------|-----------|-----------|
| AM | | | | | |
| 9:00-9:55 | 6+ | Intermediate Gymnastics | 03146-52 | \$29/\$54 | 4/03-5/29 |
| 9:00-9:55 | 8-10 | Winners Football | 03420-53 | \$29/\$54 | 4/03-5/29 |
| 9:00-9:55 | 4-5 | Rookies Soccer | 03422-51 | \$29/\$54 | 4/03-5/29 |
| 10:00-10:55 | 5+ | Beginner Gymnastics | 03145-52 | \$29/\$54 | 4/03-5/29 |
| 10:00-10:55 | 4-5 | Rookies Football | 03420-51 | \$29/\$54 | 4/03-5/29 |
| 10:00-10:55 | 6-7 | Rookies Soccer | 03422-52 | \$29/\$54 | 4/03-5/29 |
| 11:00-11:55 | 3-4 | Preschool Gymnastics I | 03010-52 | \$26/\$51 | 4/03-5/29 |
| 11:00-11:55 | 6-7 | Rookies Football | 03420-52 | \$29/\$54 | 4/03-5/29 |
| 11:00-11:55 | 8-10 | Winners Soccer | 03422-52 | \$29/\$54 | 4/03-5/29 |
| PM | | | | | |
| 12:00-12:55 | 4-5 | Preschool Gymnastics | 03011-52 | \$26/\$51 | 4/03-5/29 |

SUNDAY

| Time | Ages | Class | Program# | M/CP | Dates |
|------------|------|-----------------|--------------|------|---------|
| AM | | | | | |
| 10:00-2:00 | Open | Family Open Gym | Not Required | Free | Sundays |

For more information on sports reference the current program and membership catalog or call the

Rite-Hite Family YMCA at (414) 354-9622

***Tae Kwon Do Offerings on the Back!





Murphy's ATA Martial Arts Academy

9250 N. Green bay Road, Brown Deer, WI 53209

Phone: 414-350-8699

Email: murphysatatkd@yahoo.com



Schedule

Monday and/or Wednesday

| | | | |
|-----------|--------------|----------|----------|
| 5:00-5:45 | White-Yellow | Beginner | 6-12 yrs |
| 5:45-6:30 | Black Only | Advanced | All Ages |
| 6:45-7:30 | Camo-Black | Advanced | 6-12 yrs |
| 7:30-8:15 | All | Adults | 13-up |

Tuesday and/or Thursday

| | | | |
|-----------|--------------|------------|-------------|
| 5:00-5:30 | White-Orange | Tiny Tiger | 3-5 1/2 yrs |
| 5:35-6:05 | Yellow-Blue | Tiny Tiger | 3-5 1/2 yrs |
| 6:10-7:00 | White-Yellow | Beginner | 6-12 yrs |
| 7:10-8:00 | Camo-Black | Advanced | 6-12 yrs |
| 8:10-9:00 | All Rank | Adults | 13-up |

Friday

| | | | |
|-----------|--------------|------------|-------------|
| 5:00-5:30 | White-Orange | Tiny Tiger | 3-5 1/2 yrs |
| 5:35-6:05 | Yellow-Blue | Tiny Tiger | 3-5 1/2 yrs |
| 6:10-7:00 | All Ranks | Kids | 6-12 yrs |
| 7:10-8:00 | All ranks | Adult | 12-up |

Saturday

Arranged Private Lessons and Special Workshops

Sunday

| | | | |
|-----------|-----------|-----|------|
| 3:00-3:50 | All Ranks | All | 6-up |
| 4:00-4:50 | Weapons | All | 4-up |

May choose any 2 days for 2 day a week option, not limited to only Monday/Wednesday or Tuesday/Thursday

Fees

All fees listed are for an 8 week session. This program runs year round and prices may be alter to account for added weeks

**Questions?
Contact Master
Murphy at
414-350-8699**

| | | |
|----------------------|--------------|------------------|
| Individual (2 day) | Member/\$79 | Non-Member/\$159 |
| Individual Unlimited | Member/\$119 | N/A |
| 2 Person (2x/week) | Member/\$159 | Non-Member/\$319 |
| 2 Person Unlimited | Member/\$239 | N/A |
| Family (2x/week) | Member/\$239 | Non-Member/\$479 |
| Family unlimited | Member/\$359 | N/A |

What should participants wear? For their first class sweat pants and shirt. No shorts or tank tops.

Is the uniform included? No. There is a separate fee for the uniforms. See instructor for details.

If I typically come Monday and Wednesday but miss a class, can I make it up on another day that week? Yes. They can make up classes that they missed on another day.

How should one go about joining if it is not the start of the session? New members can sign up every-day. Simply come in and speak directly with the instructor.

What will my child learn? Discipline, Courtesy, Confidence, Respect, Perseverance, self-control, and basic of self-defense, from the principles of Taekwondo.

What values are taught in the program? All the foundational life skills and core values are incorporated in the classes, such as Self awareness, Self-esteem, Confidence, responsibility, leadership, respect and much much more.

The Song Ahm Taekwondo Program offer many benefits beyond kicking and punching, Improved focus in school greater respect for everyone. Our leadership program allows each person to see there true potential. Inspire each participant to exceed their limitation and accomplish goals they never thought possible.

