



April 29, 2010

Contact: Bettie Taylor, 625-6200

DEVELOP COORDINATION, BALANCE, STRENGTH & FLEXIBILITY WITH TAEKWON-DO

It's one of the fastest growing and most practiced martial arts in the world

Spokane Parks and Recreation is offering a four week program of Taekwon-Do for ages 6 and up. Taekwon-Do is primarily a striking art with a heavy emphasis on kicking. You'll develop coordination, balance, strength and flexibility. Whether your goal is to get in better shape, self- defense, or to train for competition in this Olympic sport, this class is for you. For beginners or anyone who needs a little touch up. \$49

14326 Thursdays & Friday, May 4 – 28, 6:45-8:15 pm Willard Elementary, 500 West Longfellow Ave.

About Spokane Parks and Recreation

City of Spokane Parks and Recreation is responsible for the professional management and prudent caretaking of more than 4,100 acres of developed parks and conservation land. The Golf Division maintains and operates four championship municipal golf courses, including Indian Canyon, Downriver, Esmeralda and the Creek at Qualchan. Park Operations has responsibility for the maintenance of all park land and park facilities in the City of Spokane including Riverfront Park, Manito Park, Gaiser Conservatory and the many city-wide gardens, Finch Arboretum and the Urban Forestry Program. The Recreation/Entertainment Division offers classes, special events, athletic leagues and activities for youth, teens, adults, seniors and persons with physical and mental disabilities. It also operates Riverfront Park attractions, activities and events, and provides support for community centers, senior centers, the Northeast Youth Center, Corbin Art Center and outdoor swimming pools. For more information please visit spokaneparks.org

###