

TAE KWON DO

(Age 6 and Older)

Tim Bormann & Allen Monroe



Tae Kwon Do is the ancient art of hand and foot fighting in Korea. Through these classes, students will learn the basic stances, kicks and blocks of Tae Kwon Do, as well as improve their flexibility, balance and coordination. Also, some of the philosophical ideals will be presented such as perseverance and self-control. Students will have the chance to advance according to their own skill levels; new students may start at any time. This class is open to everyone 6 years and older, parent/child students are encouraged. For more information, call Tim Bormann at 589-2020 or Allen Monroe at 589-4137.

WINTER SESSION—11 Sessions - \$38.50 - COURSE NO. 1410
 Mon., Jan. 2 - Mar. 12, 6:30-8:00 pm, HS Practice Gym

SPRING SESSION—10 Sessions - \$35.00 - COURSE NO. 1411
 Mon., Mar. 19 - May 21, 6:30-8:00 pm, Elementary Gym



Flag Football League

Grades 2 - 6

Jason Koebernick, coordinator

Flag Football with Jason is back for spring! Players will learn the fundamentals of football concentrating on throwing, catching, offensive and defensive concepts and team work. Participants will be divided into groups according to skill levels. Groups will work through skill drills, game play and other fun challenges.

\$20 (if you have a football jersey) COURSE NO. 1645

\$34 (if you need a football jersey) COURSE NO. 1645a

Remember to indicate size on registration form.

**4 sessions - Sat., April 28, May 5, 12, 19,
 10:00-11:30 am Green River Park**



Fencing Demonstration

Have you ever thought it would be fun to learn a new and different sport? Have you ever thought about fencing? Here is your opportunity. Join us for a high intensity fencing demonstration! If enough people express interested we will start a class!

NO COST BUT PLEASE PRE-REGISTER at 589-4394

Thursday, January 26 COURSE NO. 1683

TIME: 6:00 pm Morris Area Elementary Gym

Rugby Clinic with the UMM Rugby Players



Grades 3-12

Learn how to play one of the fastest growing sports in the world with the UMM rugby team! Kids will be divided up into age appropriate groups.

**Saturday, April 21, 9:00 am-Noon
 \$12 (includes a t-shirt) COURSE NO. 1681
 Big Cat Stadium**



Softball Skills Clinic

Grades 3-6



Coming this winter and spring. We hope to conduct a pitching and hitting clinic this winter as well as an overall get ready for the season clinic in the spring. Be watching for a separate flyer with all of the details!

Gymnastics Winter Camp

(Grades K-6)

**Instructors: Trent Oberg, Jodi Snell, Kacy Nehowig
 & the Tiger Gymnastics Team**



K-6 grade students come and join Morris Area/Chokio-Alberta Tigers Gymnastics Team and coaches to work on your gymnastics skills. There will be five, 3-hour sessions. Snack will be provided.

Please register with Mr. Oberg.

Jan. 7	Jan. 14	Jan. 21
Jan. 28	Feb. 4	

Cost: \$16 per session—payable at the door
 Times: 9:00 a.m. to noon, HS Practice Gym

To register: contact Coach Oberg

By phone: 320/287-0157

By email: toberg@morris.k12.mn.us