

# TAEKWON-DO

City of Laredo Parks & Recreation Department

Haynes Recreation Center  
2102 Clark's Crossing Dr.

Classes for  
Male & Female,  
Senior & Junior,  
All Welcome!



- Martial Arts
- Self Defense
- Health & Fitness
- Self Confidence
- Meet New People
- Stress Relief
- Discipline



For more information  
visit our website:

[www.laredoparksandrec.com](http://www.laredoparksandrec.com)  
Or Call 956-729-4600



**Monday, Wednesday & Friday**

**7:00-8:00 p.m.**

**\$60 per Month**



Membership Required \$15 per Quarter or \$50 for the year Ages 6-and older

**International Certified Instructor:**

**Sa bum Nim Luis D. Chavez 4th Degree Black**