

# Jeong's Family Taekwondo – St. Catharines (North)

## Henley Square – Class Schedule

395 Ontario Street, St. Catharines, ON L2N 7N6

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### FALL SCHEDULE – September – December 2026

#### Children's Class (Ages 6-12)

| Belt level        | Monday      | Tuesday     | Wednesday   | Thursday    | Friday                                         | Saturday(am)  |
|-------------------|-------------|-------------|-------------|-------------|------------------------------------------------|---------------|
| White             | 4:00 – 4:45 | 6:00 – 6:45 | 4:45 – 5:30 |             | 5:15 – 6:00                                    | 10:15 – 11:00 |
| Yellow – Yellow S | 4:45 – 5:30 | 6:00 – 6:45 | 4:45 – 5:30 |             | 6:00 – 6:45                                    | 10:15 – 11:00 |
| Orange – Orange S | 5:30 – 6:15 | 4:45 – 5:30 | 6:45 – 7:30 | 4:00 – 4:45 |                                                | 11:00 – 11:45 |
| Green – Green S   | 5:30 – 6:15 | 4:45 – 5:30 | 6:45 – 7:30 | 4:00 – 4:45 |                                                | 11:00 – 11:45 |
| Blue – Blue S     | 6:15 – 7:00 | 4:00 – 4:45 |             | 5:45 – 6:30 | 4:00 – 4:45                                    | 11:45 – 12:30 |
| Brown – Red S     | 6:15 – 7:00 | 4:00 – 4:45 |             | 5:45 – 6:30 | 4:00 – 4:45                                    | 11:45 – 12:30 |
| Kids Sparring     |             |             |             | 6:30 – 7:15 | 7:05 – 7:50<br>(TEEN/ADULT)<br><b>*Pendale</b> |               |

#### Teen / Adult

Must be 13 and up to attend this class (Age restriction)

|                 |             |             |             |             |             |  |
|-----------------|-------------|-------------|-------------|-------------|-------------|--|
| All Teen/Adults | 7:45 – 8:30 | 7:30 – 8:15 | 7:30 – 8:15 | 8:00 – 8:45 | 7:30 – 8:15 |  |
|-----------------|-------------|-------------|-------------|-------------|-------------|--|

#### Black Belt Class

|            |             |             |             |             |  |              |
|------------|-------------|-------------|-------------|-------------|--|--------------|
| Black Belt | 7:00 – 7:45 | 6:45 – 7:30 | 4:00 – 4:45 | 7:15 – 8:00 |  | 12:30 – 1:15 |
|------------|-------------|-------------|-------------|-------------|--|--------------|

#### Family Class

These classes are for families only all ages welcome. (Minimum 6 years old)

|                |  |  |             |  |             |  |
|----------------|--|--|-------------|--|-------------|--|
| Family Classes |  |  | 6:00 – 6:45 |  | 6:45 – 7:30 |  |
|----------------|--|--|-------------|--|-------------|--|

#### Little Tigers (Ages 3-5)

|                  |  |             |             |             |             |              |
|------------------|--|-------------|-------------|-------------|-------------|--------------|
| White Belts Only |  | 5:30 – 6:00 | 5:30 – 6:00 | 4:45 – 5:15 | 4:45 – 5:15 | 9:45 – 10:15 |
| Colours          |  | 5:30 – 6:00 | 5:30 – 6:00 | 5:15 – 5:45 | 4:45 – 5:15 | 9:45 – 10:15 |

#### Birthday Parties!

Awesome Birthday Parties! We can host a World Class Party for your child and guests. Includes Taekwondo Class, Board Breaking for all participants, Games, and Pizza party and drinks! It's sure to be your most unique party and rememberable ever!



(See Front Desk for more Details)

#### For Jeong's Family Taekwondo News Events, Holidays/Snow Day/Testing Closures



Like us on **FACEBOOK!**  
[www.facebook.com/jeongsfamilytaekwondo](http://www.facebook.com/jeongsfamilytaekwondo)



Follow us on **Instagram!**  
@jeongsfamilytkd #jeongsfamilytkd



Email Us [jeongsfamilytkdhs@gmail.com](mailto:jeongsfamilytkdhs@gmail.com)

*If you are enjoying your classes, please tell a friend! We appreciate your referrals!*

**\*\*This schedule will be in effect on Tuesday, September 8<sup>th</sup>, 2026\*\***