



AFTER SCHOOL PROGRAM

United Sport and Athlete is a non-profit tax exempt company devoted to the betterment of youth through sports programming and mentoring.

Cost: \$50/week
*All fees related to snacks and testing are included in the base fee.
This program will be available beginning the first day of school (August 21st).

Taekwondo classes taught by Black Belt instructors.

Tutoring and Character Education component taught by UNI Elementary Education Major.

Taekwondo, fitness, character education and academic tutoring offered daily.

Athletics, Character Development, Education

- Enrollment limited to 15 students per session.
- Activities designed for Kindergarten — 6th grade.
- **Busing** by Waterloo Community School District.
- Hours: beginning after bus drop off until 5:30 pm.
- Snacks included.

TAEKWONDO

Taekwondo is known as the “way of hands and feet.” It is characterized by fast and high spinning kicks. The fitness benefits include flexibility, balance, coordination, power, speed, agility and endurance. It is also great for improvement of confidence and character development.

LOCATION

1045 Southtown Drive
Waterloo, IA 50702
Across from Home Depot

Contact Kira Werstein
Phone: 319-234-1935
Kira.Werstein@usatc.org



TAEKWONDO

|

CHARACTER

|

CONFIDENCE