

MASSACHUSETTS TAEKWONDO ACADEMY

(Formerly East Longmeadow Taekwondo)
50 Bond Ave. East Longmeadow, MA 01028
(413) 525-8070
elongtkd@gmail.com
www.masstkacad.com

BEFORE & AFTER-SCHOOL PROGRAM

Our Before & After School Program provides a positive, nurturing environment for your children to grow and learn Intellectually, Socially & Physically.

**Transfer Your
Voucher to Our
Program and
Receive Free
Uniform!!!**



**We Accept
New England
Farmer Workers
Voucher**

Your Child Will Learn:

- Strong Discipline
- Respect
- Leadership Skills
- Perseverance
- Self-Defense
- Helping Students with ADHD/ADD learn how to focus and concentrate
- Self-Control
- Honesty
- Social Skills
- Team Work
- Motor Skills

Daily Activities Include:

- Homework Assistance
- Taekwondo Classes
- High Energy Games, Drills, & Sports
- Brain Training Games
- Arts & Crafts
- Board Games
- Healthy Snacks



Two Way Van
Transportation

Full Day Programs Available During
Winter, Spring & Summer Vacations

Ages 5-13 Years Old