



1 Week FREE TAEKWONDO LESSONS!

SPIRIT TAEKWONDO works to:
Empower students & build confidence
Teach self-defense skills & leadership skills
Guide students to be their best
Traditional and Olympic style Taekwondo in a family focused atmosphere.
We welcome you and your family!

515.202.5287 www.iowaspirittkd.com
1975 N Ankeny Blvd #111 Ankeny, IA



"This is not a Southeast Polk Community School District publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform the viewer of other available community activities opportunities."

THERAPEUTIC/ ADAPTIVE MARTIAL ARTS

We are Iowa's only Martial Arts Program for students with special needs and abilities with Internationally Certified Instructors. We offer in-person and virtual classes.

Character Development ~Life Skill Integration ~Self-Defense ~Confidence Building~ Fitness~ Coordination~ Focus. Become a SOARING EAGLE!



Autism, Cerebral Palsy, ID, Down Syndrome, ADHD, Spina Bifida, Mobility Challenges ,
Everyone can soar like an eagle!



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