

GETTING A KICK OUT OF HEALTH

Kids will kick up their heels at the third annual Taekwondo Network masters demo and black-belt promotions, 5 to 9 p.m. Saturday, at the Lancaster Family YMCA, 572 N. Queen St.

The network offers 12-week martial-arts and safety-awareness programs (Safekids), 6 to 7 p.m. Thursday, for kids ages 5 to 15, at the YMCA. The program also serves more than 350 county school students.

The network operates in six Pennsylvania YMCAs.

Tae kwon do, an ancient art taught in nearly every country, is the Korean national sport, as well as an Olympic sport.

Class participants can progress to the highest level: the black belt.

The one-hour classes also address everything from drug and gang avoidance to stranger danger, fire safety, bicycle and skateboard safety, and using 911.

Safekids programs provide cer-



tified instructors and are currently in progress at community organizations throughout Florida and Pennsylvania.

Food will be featured at the event. DVDs of the event will also be available.

Cost is \$5 for YMCA members; \$10 for nonmembers.

Contact Judith Kirby, 799-9677 or jkirby@taekwondonetwork.com, for information or tickets.

Tickets are also available at the door.

For more information about the network, go to www.taekwondonetwork.com.

