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# March Newsletter

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**CFTP.ca**  
CANADIAN FAMILY TAEKWONDO PROGRAMS



## Upcoming Events

**March 11<sup>th</sup> - March 15<sup>th</sup>**

March Break Camp at CFTP

**April 1<sup>st</sup> – April 6<sup>th</sup>**

Colour Belt Testing

**April 12**

Change Belt Ceremony

**April 27**

Breaking Boards, Breaking  
Chains Fundraiser

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## Life Skill of the Month

### PERSEVERANCE:

**Means that when you are facing a challenge, you use your mind and your body to overcome it. Perseverance means you are able to wait and work through difficulties, whether they have to do with your mind, your body, or your emotions.**

Hi CFTP Family,

Spring is almost here and we have some new things in store for you!

We are announcing a **NEW Before and After School Program beginning September 2019!** The program will be held at CFTP every day from Monday to Friday beginning 7am-9am and from 3:30pm-6:00pm. The program includes drop off to school in the morning, yoga/stretching in the morning, pick up after school, Taekwondo classes and more! Registrations are now open and limited spaces are available.

Register to save your spot at the following link:

<http://form2.jibbio.com/view.php?id=2234003>

Since spaces are limited, please register as soon as possible. A waiting list is available.

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### Friendly Reminders:

- Staying hydrated is important especially when we are active! We encourage you to pack a reusable water bottle or bring one with you when attending Taekwondo classes. We will no longer be providing cups for water to students. Cups for coffee or tea will be available at front desk for adults
  - There are still a few spots available for March Break Camp at CFTP. Register at front desk!
  - A special congratulations for excellent belt test performance to: **Monty H., Marcus L, Willa G., Samuel R., Kaiden F., Adam G., and Roger A.** We are so proud. Keep up the great work!
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