



AFTER SCHOOL

EMPOWERING
KIDS OF
HANOVER

2025-26



[SOTKD.US](https://www.sotkd.us)

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PROGRAM OVERVIEW

01



VALUES



So's Taekwondo's after school program integrates the same values you teach your children at home, into our program. Students are respected, expected to show respect, try their best, and have a good attitude. With positive reinforcements like praise and student of the month awards, children in our after school program strive to be their best selves. We are proud to have students return for their 6th consecutive year of after school program participation.

ELIGIBILITY

02



SCHOOLS



So's Taekwondo will be servicing:

- Baresville Elementary
- Park Hills Elementary
- West Manheim Elementary
- Washington Elementary
- Spring Grove Elementary
- Conewago Valley Intermediate
- Hanover Middle
- St. Theresa Calcutta (Basillica Drive)

Students from Kindergarten to 6th grade are eligible for our program.

DAILY SCHEDULE 03

STRUCTURED CURRICULUM



Students will be picked up from their schools in the car rider line. Please tell your child/children to look for our white van. Upon arrival at our facility, students will wash their hands, then participate in physical exercise. the specific exercise will vary, however, our focus will be on cardiovascular health, muscular endurance, flexibility, balance, and coordination. After exercising, students will complete homework, while having snacks (brought from home). Students will then go into their Taekwondo classes or participate in other games and activities planned for students.

EARLY DISMISSAL DAYS



From dismissal to 3:30PM, students will alternate between sedentary activities (board games, reading, homework) and active games, workouts, etc. After 3:30PM, students will proceed with the standard after school program curriculum. Early dismissal pick up and care is included within the full time tuition. Part time students are not eligible to switch their designated days with early dismissal days (if the days do not align).

TAEKWONDO INTEGRATION

04

STANDARD TAEKWONDO MEMBERSHIP



Our full time after school program includes the standard Taekwondo membership (2-3 Taekwondo classes weekly). Taekwondo training provides for an exciting way students to improve fitness, discipline, confidence, and learn Martial Arts skills.

Please refer to our class schedule!





SCHOOL CLOSINGS

05

DAY CAMPS



When your child's school is closed, our after school program will not be in session. On certain occasions, So's Taekwondo will offer day camps when schools are closed for an additional fee. Day camps are not guaranteed.





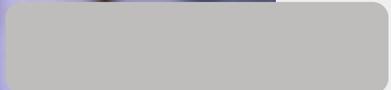
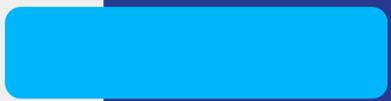
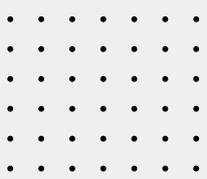
BEHAVIORAL POLICY

07

THREE STRIKE POLICY



To ensure that our students feel safe and comfortable in our program, we abide by a three strike policy. Students are subjected to write ups whenever they break rules regarding safety and/or respect. The third write up (strike) will result in suspension or expulsion from our program. In extreme cases, a student may be expelled before three strikes have been reached. We strive to maintain the highest quality after school program in our community.



WHAT WE NEED FROM YOU

08

PERMISSION, NAME TAG, REGISTRATION



To ensure that pick up from school goes smoothly, please:

1. Call your child's school (front office), and let them know that So's Taekwondo is authorized to pick up your child.
2. Please drop off a car rider name tag for your child (from front office), if your child's school requires one.
3. Complete registration online (next page)



ENROLLMENT

[SOTKDMEMBERS.US](https://sotkdmembers.us)

SO'S TAEKWONDO APP (IOS)

SO'S TAEKWONDO APP (ANDROID)