

# SUMMER 2010 SCHEDULE

## ADIRONDACK TAEKWONDO

1683 Route 9 St. John Plaza  
Clifton Park, NY 12065  
373.0442

[www.AdirondackTKD.com](http://www.AdirondackTKD.com) or [www.CliftonParkKarate.com](http://www.CliftonParkKarate.com)



Kickin' for fun, training for LIFE!

Summer 2010 Schedule Effective: Monday July 5, 2010

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Adult Noon		12:00-12:45pm		12:00-12:45pm	
Little Dragons	5:30-6:00pm	10:00-10:45am	5:30-6:00pm	10:00-10:45am	4:00-4:30pm
Children White – Purple	4:45-5:30pm	10:00-10:45am including L/D	4:45-5:30pm	10:00-10:45am including L/D	
Children Green – Black		6:15-7:00pm		6:15-6:45pm Forms only	
Children Purple-Black		11:00-11:45am 6:15-7:00pm		11:00-11:45am	
Children Mixed All Ranks / Belts	6:00-6:45pm	6:15-7:00pm	6:00-6:45pm		4:30-5:15pm
<b>Black Belt Club</b>		<b>4:45-5:30pm</b>		<b>4:45-5:30pm</b>	<b>5:15-6:00pm</b>
Kickin' together Stickin' together		Family TKD 5:30-6:15pm		Forms only 6:15-6:45pm	
Black Belt / Rec. Black Belts	6:45-7:30pm		6:45-7:45pm Adult all ranks		
Teen & Adult	7:30-8:30pm	7:00-8:00pm		5:30-6:15pm	
Adult Classes	7:30-8:30pm	7:00-8:00pm	6:45-7:45pm	7:00-8:00pm	
Focused T.K.D. Classes		Return after summer Olympic Drills		6:15-6:45pm Adult & Child Forms	
Tournament Olympic Sparring			8:00-9:00pm Olympic Sparring		
Demonstration & Team TKD			T B A		T B A

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- ☉ Please arrive 10 min. early classes begin promptly
- ☉ Our family class is offered to both children & adults who are current members so they may enjoy TKD together.
- ☉ Please note, that the children's black belt club classes are offered to current BBC members only. Benefits and features covered in the BBC class include the following: Nunchucka training, board breaking, special seminars, guest instructors, tournament training for forms, sparring and breaking!
- ☉ Please check our weekly announcements for special dates & events.  
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