

ADIRONDACK TAEKWONDO

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**Summer 2018
Schedule**

Kickin' for FUN, training for LIFE!

Summer Schedule Effective Monday June 25, 2018

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Adult Noon		12:00-12:45pm		12:00-12:45pm	
Grasshoppers	5:30-6:00pm		5:30-6:00 pm		4:00-4:30pm
Children Mixed All Belts	4:45-5:30pm 6:00-6:45pm	11:15-12noon 4:45-5:30 pm	4:45-5:30 pm 6:00-6:45 pm	11:15-12 noon 4:45-5:30 pm	4:30-5:15pm
<i>Black Belt Club Open to adults</i>		open to adults 6:15-7:00 pm		open to adults 6:15-7:00pm	
Adult Beginner Adult Advanced	6:45-7:30pm 7:30-8:15pm		6:45-7:30 pm Mixed 7:30-8:15 pm BB only		
Family Taekwondo		5:30-6:15pm		5:30-6:15pm	5:15-6:00pm
Focused Classes Open to all students		7:00-7:30pm Review Forms		7:00 – 7:30pm including BB forms	

Action Team to be announced weekly...

Summer Schedule Details

- Please arrive between 5 and 10 minutes early, classes begin promptly.
- Class structure and curriculum is based on each class description. Our family classes are offered to both children and adults who are current members so they may enjoy Taekwondo together. All other classes are age and belt specific (summer classes are mixed and flexible in nature except for BBC classes adult and children MUST be current BBC members to attend).
- *Black Belt Club (BBC) classes are offered to current BBC members only.* The benefits and features of the BBC include: Special Taekwondo uniform, intense & advanced curriculum, breaking practice and more. Please see and instructor to see if you qualify.

With summer months in upstate New York so precious we found that condensing our schedule works best for our students and families. We look forward to working with you and your family throughout the summer. Please remember that our full fall schedule will return when school starts again.