

ADIRONDACK TAEKWONDO

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Fall 2011 Schedule

Kickin' for FUN, training for LIFE!
Fall 2011 Schedule Effective Tuesday September 6, 2011

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Adult Noon		12:00-12:45pm		12:00-12:45pm	
Grasshoppers 4-5 yr old	5:30-6:00pm	3:30-4:00pm	5:30-6:00pm	3:30-4:00pm	3:30-4:00pm
Children Beginner White – H. Purple	4:00-4:45pm 6:00-6:45pm		4:00-4:45pm 6:00-6:45pm		4:00-4:45pm
<i>Black Belt Club</i>	<i>4:45-5:30pm</i>	<i>4:45-5:30pm</i>	<i>4:45-5:30pm</i>	<i>4:45-5:30pm</i>	<i>4:45-5:30pm</i>
Children Advanced Blue – Black Belts		4:00-4:45pm		4:00-4:45pm CST (Sport TKD)	
Children Mixed All belts welcome	6:00-6:45pm		6:00-6:45pm	4:00-4:45pm CST (Sport TKD)	4:00-4:45pm
Family Taekwondo		5:30-6:15pm		5:30-6:15pm	
C.S.T (Sport TKD)	7:30-8:30pm	6:45-7:30pm		6:45-7:30pm	
Adult Mixed All belts welcome	6:45-7:30pm		7:30-8:30pm	7:30-8:30pm * 8:30-9:00pm	
Adult Beginner White – H. Purple			6:45-7:30pm		
Teen & Adult Advanced & Black Belt		7:30-8:30pm			
Focused Classes Open to all students	7:30-8:30pm Olympic Sparring	6:15-6:45pm Review Forms	8:30-9:30pm Olympic Sparring	6:15-6:45pm Stretching & Pad Kicking	
Demonstration & Action Team					5:30-6:30pm

Please arrive 10 min. early classes begin promptly

Our family classes are offered to both children and adults who are current members so they may enjoy Taekwondo together.
Creative Sport Taekwondo (CST) classes are structured for athletic development for ALL our students to further their Olympic Sparring skill sets
Sparring gear is required for all Taekwondo classes and is mandatory for CST classes.

Black Belt Club (BBC) classes are offered to current BBC Members only. Benefits & features of the BBC include:
Board breaking, special Taekwondo uniform, prime Taekwondo class times and more. Please see an instructor for details.

- Thursday night's 8:30pm class is a competitive sport form and offered the 1st & 3rd week of each month.

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