

ADIRONDACK MARTIAL ARTS CENTER

1683 Route 9 St. John Plaza

Clifton Park, NY 12065

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www.AdirondackTKD.com or www.CliftonParkKarate.com



FALL 2009 SCHEDULE

Kickin' for fun, training for LIFE!

Fall 2009 Schedule Effective: Tuesday September 8, 2009

<i>Class</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Adult Noon	Tai Chi 12 noon	1:00-1:45pm	Tai Chi 12 noon	1:00-1:45pm	
Little Dragons	5:30-6:00pm	3:30-4:00pm 5:30-6:00pm	5:30-6:00pm	3:30-4:00pm	3:30-4:00pm
Children White – H. Purple	4:00-4:45pm 6:00-6:45pm		4:00-4:45pm 6:00-6:45pm	4:00-4:45pm	
Children Green – H. Brown		4:45-5:30pm BBC class also		4:00-4:45pm 4:45-5:30pm	4:45-5:30pm BBC class also
Children Purple-Black		4:00-4:45pm		4:00-4:45pm	
Children Mixed All Ranks / Belts				5:30-6:15 pm teen & adult	4:00-4:45pm
Black Belt Club	4:45-5:30pm	4:45-5:30pm	4:45-5:30pm	4:45-5:30pm	4:45-5:30pm
Kickin' together Stickin' together		Family TKD 6:00-6:45pm			
Rec. Black belts & Black belts	6:45-7:30pm				
Adult beginner & Intermediate	7:30-8:30pm				
Adult Mixed		6:45-7:45pm	6:45-7:30pm	7:00-8:00pm	
Black Belts Only					
Focused T.K.D. Classes		7:45-8:15pm Target Kicking	7:30-8:30pm Olympic Sparring	6:15-6:45pm Adult & Child Forms	
Demonstration & Action Team					5:30-6:15pm

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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!

☉ Thursdays BBC classes is sparring please bring your gear.

☉ Every 4th Thursday of the month during our 7:15pm adult class is our "self-defense" class- open to all adults (See details on our website) www.AdirondackTKD.com or our E Newsletter: <http://amac.spiralive.com>