

Bill Adams'
Martial Arts & Fitness
Centers

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Elma Weekly Kid's Karate Summer Schedule

starts Jan. 15th, 2010

www.bestinmartialarts.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sensei Matt's Sunday Class 9:30 to 11:00 a.m inter-adv kids only	5:00 -5:45 Intermediate (green-purple)	5:00 -5:45 Novice (W-Y-O) Tigers (4-7)	5:00 -5:45 Inter/adv Tigers	5:00-5-45 Novice (W-Y-O) Tigers & Ninjas (7-12)	6:00-6:45 Beginner-Inter. Ninja (8-12)	10:45-11:30 am Inter/Adv Ninjas
	5:45-6:45 Family Class All Belt Levels	5:45-6:30 Interm-adv. (green-red stripe) Ninjas (8-12)	5:45-6:30 Beginner Ninja & Tiger	5:45 - 6:15 pm Lil Dragons 4-6 years	6:45-8:00 Family Class	11:30-12:15 a.m Beginner(W-Y-O) All classes , all ages
	6:45-7:45 Black Belt Only Child-Teen-Adult 7:45-8:15 Instructor Class		6:30 -7:30 Family Class (by invitation only for Kids)	5:45-6:30 Intermed & Advanced Ninjas & Tigers Kata & Sparring	For this winter, Belt Testings will be on the second Friday of the Month from 6 to 6:45 p.m.	

Classes offered in Novice (White to Orange), Intermediate (Green to Purple) and Advanced (Brown to Red)
 Also look for these age groups: Tigers (4-7), Ninjas (8-12) and Teens (13-17) Family is all age groups, all belt rank