



UMAS Karate Class Schedule

(effective August 17, 2020)

Changing the World One Black Belt at a Time!

www.umaskarate.com

Salem Rd. 770-385-8106

Covington: 770-787-8707



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Tiny Tigers Beginner (ages 3 - 4)	4:00pm		4:00pm		—	12:00noon
Lil' Dragons Beginner (ages 5 - 6)	4:00pm	5:00pm	4:00pm	5:00pm	—	12:00noon
Jr. Ninja Beginner (7-12) (white/yellow/orange)	5:00pm	6:00pm	5:00pm	6:00pm	5:00pm	11:00am
Jr. Ninja Intermediate (7-12) (green/purple/blue)	6:00pm	4:00pm	6:00pm	4:00pm	6:00pm	11:00am
Jr. Ninja Advanced (7-12) (red/brown/black)	7:00pm	4:00pm	7:00pm	4:00pm	6:00pm	11:00am
Kickin' Teens/Adults (ages 13+) (all belts)	8:00pm	8:00pm	8:00pm	8:00pm	—	10:00am
Black Belts (all ages)	—	7:00pm	—	7:00pm	—	—
Weapons Class	—	—	—	—	4:00pm 7:00pm	—
	—	—	—	—	—	—
Ladies Fitness Kickboxing (age 16+)	6:15pm	6:15pm	6:15pm	6:15pm	—	10:00am

- Student's exhibiting symptoms of COVID-19 or who have a family member with symptoms should not attend class.
- Basic Experience members may attend 1-2 classes per week. White uniform only please.
- Black Belt Experience members may attend up to 3 classes per week total.
- Leadership/Instructor Experience members may attend up to 4 classes per week total.
- Yellow belts and above must supply their own sparring equipment and weapons. **MUST follow UMAS dress code!!!**
- Students are encouraged to study their curriculum books and DVD's and practice at home to make timely progress.
- U.M.A.S. Karate t-shirts may be worn to all Friday evening classes and from Memorial Day-Labor Day. Available at the schools pro shop.
- Please arrive 5 minutes prior to the start of your class. If students must be picked up promptly when class ends.
- You must be picked up immediately after class. We are not responsible for children left unattended!
- Do not disturb class! If you are arriving late sit quietly on the line until the instructor calls you to join class.
- Parents must follow all social distancing guidelines when inside the UMAS lobby.