



**LANCASTER ATA MARTIAL ARTS**  
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\*\*\*EFFECTIVE 2/08/2021\*\*\*

### TIGERS AGES 4-6

BELT COLOR/RANK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE (BEGINNER CLASSES)		4:30 - 5:00		6:00 - 6:30	/	8:00 - 8:30
ORG & YELLOW LAST NAME A-L**		5:00 - 5:30		5:30 - 6:00		8:30 - 9:00
ORG & YELLOW LAST NAME M-Z**		5:30 - 6:00		5:00 - 5:30		9:00 - 9:30
CAMO REC. & DEC.		6:00 - 6:30		4:30 - 5:00	/	9:30 - 10:00
GREEN REC. & DEC.						
PURPLE REC. & DEC.						
BLUE REC. & DEC.						
**ORANGE AND YELLOW BELT CLASSES (RECOMMENDED AND DECIDED RANKS) NEEDED TO BE SPLIT BY LAST NAME DUE TO THE DRAMATIC INCREASE IN CLASS SIZE.						

### KARATE KIDS AGES 7-12

BELT COLOR/RANK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE (BEGINNER CLASSES)	4:30 - 5:00		5:30 - 6:00		N O  C L A S S E S	10:00 - 10:30
ORANGE REC. AND DEC.			5:00 - 5:30	6:30 - 7:00		10:30 - 11:00
YELLOW REC. AND DEC.			4:30 - 5:00	7:00 - 7:30		11:00 - 11:30
CAMO REC. AND DEC.	5:00 - 5:45	6:30 - 7:15				11:30 - 12:15
GREEN REC. AND DEC.						
PURPLE REC. AND DEC.						
BLUE REC. AND DEC.						
BROWN REC. AND DEC.	5:45 - 6:30		6:45 - 7:30	7:30 - 8:15		12:15 - 1:00
RED REC. AND DECIDED	6:30 - 7:15	7:15 - 8:00	6:00 - 6:45			
BLACK BELT REC. (1/2 RED 1/2 BLK)						
BLACK BELT DECIDED (ALL RANKS)	7:15 - 7:45		7:30 - 8:00			
LEADERSHIP ALL AGES						
** SATURDAY CLASS FOR BROWN AND UP WILL BE A DRILLS BASED CLASS, BRING ALL EQUIPMENT TO CLASS.						

### TEEN & ADULT AGES 13 AND HIGHER

BELT COLOR/RANK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL RANKS	7:45 - 8:30	8:00 - 8:45	8:00 - 8:45		/	
SPARRING ALL RANKS				8:15 - 9:00		

\*\*CLASSES WILL BE DISMISSED A FEW MINUTES EARLY TO ALLOW TIME FOR TRAFFIC FLOW IN OUR LOBBY. STUDENTS ARRIVING EARLY WILL BE ASKED TO LINE UP ALONG THE SIDE OF THE CLASSROOM.\*\*

STUDENTS MUST BE PREPARED FOR CLASS AND BRING ALL EQUIPMENT THAT MAY BE REQUIRED. DURING SPARRING WEEKS STUDENTS MUST BRING SPARRING EQUIPMENT (THIS INCLUDES ATHLETIC CUP FOR BOYS) TO CLASS OR MAY BE ASKED TO WAIT DURING FREE SPARRING.

MARTIAL ARTS CLASSES CAN GET VERY LOUD SO WE ASK THAT VISITORS WATCHING CLASS PLEASE ATTEMPT TO KEEP NOISE LEVELS IN THE LOBBY TO A MINIMUM.

PLEASE KEEP IN MIND THAT THIS SCHEDULE MAY HAVE TO BE ADJUSTED DUE TO TESTING AND CLASS ATTENDANCE.

WE GIVE OUR BEST EFFORT TO WORK WITH PARENTS THAT MAY HAVE QUESTIONS BEFORE OR AFTER CLASS BUT DUE TO THE DEMANDS OF OUR SCHEDULE WE DO NOT ALWAYS HAVE TIME AVAILABLE. IF THIS EVER TURNS OUT TO BE THE CASE WITH YOU OR YOUR CHILD, PLEASE LEAVE A NOTE AT OUR DESK OR EMAIL US AND WE WILL SCHEDULE TIME TO TALK WITH YOU ASAP. YOU AND YOUR CHILD'S SUCCESS IS OUR TOP PRIORITY.