



LANCASTER ATA MARTIAL ARTS
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EFFECTIVE MAY 26 2020

TINY TIGERS AGES 4-6

| BELT COLOR/RANK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|-----------|-----------|-----------|-----------|--------|------------|
| WHITE (BEGINNER CLASSES) | 5:15-5:45 | | 4:30-5:00 | | C | 8:00-8:30 |
| ORANGE REC. AND DEC. | 4:30-5:00 | | 5:15-5:45 | | L | 8:45-9:15 |
| YELLOW REC. AND DEC. | | | | | O | |
| CAMO REC. AND DEC. | | 4:30-5:00 | | 5:15-5:45 | S | 9:30-10:00 |
| GREEN REC. AND DEC. | | | | | E | |
| PURPLE REC., MIDTERM, DEC. | | | | | D | |
| BLUE REC., MIDTERM, DEC. | | | | | | |

KARATE 4 KIDS AGES 7-12

| BELT COLOR/RANK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|-----------|-----------|-----------|-----------|--------|-------------|
| WHITE (BEGINNER CLASSES) | | 6:00-6:30 | | 4:30-5:00 | | 10:15-10:45 |
| ORANGE REC. AND DEC. | | | 6:45-7:15 | 6:00-6:30 | N | 11:00-11:30 |
| YELLOW REC. AND DEC. | | | | | O | |
| CAMO REC. AND DEC. | 6:00-6:30 | 6:45-7:15 | 6:00-6:30 | | C | |
| GREEN REC. AND DEC. | | | | | L | |
| PURPLE REC. AND DEC. | | | | | A | |
| BLUE REC. AND DEC. | | | | | | |
| BROWN REC. AND DEC. | 6:45-7:15 | | | 7:30-8:00 | S | 11:45-12:15 |
| RED REC. AND DECIDED | | | | | S | |
| *BLACK BELT RECOMMENDED | | 5:15-5:45 | | 6:45-7:15 | E | 12:30-1:00 |
| *BLACK BELT DECIDED | | | | | S | |
| LEADERSHIP ALL AGES | | | 7:30-8:00 | | | 1:15-1:45 |
| LEGACY ALL AGES | | | | | | |

TEEN & ADULT AGES 13 AND HIGHER

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

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 DO 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 CHILDS SUCCESS IS OUR TOP PRIORITY.