



Sterling Martial Arts Fall 2010 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50am Little Samurai	9:30-10:20 Little Samurai	9:00-9:50am Little Samurai			
10:00-11:00am AM Adults		10:00-11:00am AM Adults			Open Kids Class 10:00-11:00am
					Open Adult Class 11:00am-noon
		3:30-4:20pm Little Samurai	3:30-4:20pm Little Samurai		
4:30-5:30pm Kids 1		4:30-5:30pm Kids 1	4:30-5:30pm Kids 1		
5:30-6:30pm Kids 2		5:30-6:30 Kids 2 & 3	5:30-6:30pm Kids 2		
6:30-7:30pm Kids 3	6:30-8:00pm Team or Advanced Class *	6:30-7:30pm Parent/Kid 1&2	6:30-7:30pm Kids 3	<div style="border: 1px solid black; padding: 5px;"> * Team and advanced class will alternate on Tuesdays. Sensei will put out a calendar with dates. </div>	
7:30-8:30pm Teens/Adults		7:30-8:30pm Teens/Adults	7:30-8:30pm Teens/Adults		

Class Descriptions

Little Samurai: A 50-minute, once/week class for preschool age children that combines karate and basic gymnastics skills. This is not a Mommy and Me class.

Kids 1: White, Yellow, and Orange Belts ages 5-7

Kids 2: White, Yellow, and Orange Belts ages 7-12, Blue Belts ages 5-12

Kids 3: Green Belt and up ages 5-12

Parent/Kid Class: Kids (kindergarten and up) and parents of all levels train together!

Teens/Adults: Ages 13 and up all ranks

Important Note: Kids classes are somewhat flexible and students may be moved into a different class if deemed appropriate by the instructor.

Other Info

The regular karate program is for ages Kindergarten-5 and up. We recommend the "All Access" program in which students may train in unlimited classes for the age/level(most train 2-3x), but there is an option to sign up for one specific class per week.

*Note: The regular program does not include Little Samurai- there is a separate rate for this class; please contact the gym for all rate information.

Located at: Sterling Academy of Gymnastics

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