

# Sterling Martial Arts

## Class Schedule – Summer 2010

### June 28-August 20

MONDAY	WEDNESDAY	THURSDAY
	Little Samurai* 4:00-4:50pm	
Kids Beginner 5:00-6:00pm	<b>Kids All Levels</b> 5:00-6:00pm	Kids Beginner 5:00-6:00pm
Kids Int/Adv 6:00-7:00pm	Parent/Kid Class 6:00-7:00	Kids Int/Adv 6:00-7:00pm
Teen/Adults 7:00-8:00pm	Teens/Adults 7:00-8:00pm	Teens/Adults 7:00-8:00pm

## 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 Beginner:** White, Yellow, and Orange Belts ages 5-12\*\*
  - **Kids Int/Adv:** Blue Belts 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
- \*\* Kids classes are somewhat flexible and students may be moved into a different level if deemed appropriate by the instructor.

### Other Info

- The regular karate program is for ages Kindergarten-5 and up. With the regular rate, students may train up to 4 times per week (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.
- radKIDS Day Camp: July 19-23
- Karate Day Camp: August 2-6

Located at: Sterling Academy of Gymnastics  
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[www.sterlingmartialarts.com](http://www.sterlingmartialarts.com)

