

Sterling Martial Arts

Class Schedule - Fall 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Little Samurai 9:00-9:45am	Little Samurai 9:30-10:15am	Little Samurai 9:00-9:45am		
AM Adult 10:00-11:00am		AM Adult 10:00-11:00am		Open Class 10:00-11:30am
		Little Samurai 3:30-4:15pm		
Kids Beginner ages K5-7 4:30-5:30pm		Kids Beginner ages K5-7 4:30-5:30pm	Kids Beginner ages K5-7 4:30-5:30pm	
Kids Beginner Ages 8-12 5:30-6:30pm		Kids Beginner Ages 8-12 5:30-6:30pm	Kids Beginner Ages 8-12 5:30-6:30pm	
		Parent/Kid 6:00-7:00pm (preschool gym)		
Kids Int/Adv Ages 6-12 6:30-7:30pm		Kids Int/Adv Ages 6-12 6:30-7:30pm	Kids Int/Adv Ages 6-12 6:30-7:30pm	
		Team Workout or Advanced Class 7:00-8:00pm (preschool gym)		
Teens/Adults 7:30-8:30pm		Teens/Adults 7:30-8:30pm	Teen/Adults 7:30-8:30pm	

Class Descriptions

- **Little Samurai:** A once/week class for preschool age (3-5) children that combines karate and basic gymnastics skills. This is not a Mommy and Me class.
- **AM Adult:** Adults of all levels – baby-sitter available!
- **Kids Beginner:** White, Yellow, and Orange Belts
- **Kids Int/Adv:** Blue Belt and Up
- **Parent/Kid Class:** Kids (kindergarten and up) and parents of all levels train together!
- **Teens/Adults:** Ages 13 and up all ranks
- **Open Class:** All ages, all ranks welcome!
- **Team Workout:** For Team AIKA members only – ask Sensei for more info!

Other Info

- radKIDS classes usually run on Tuesdays or Fridays – call or check website for our next scheduled class.
- All classes are run in 8-week sessions with the exception of radKIDS which is a 5 or 6-week class.
- The regular karate program is for ages K5 (Kindergarten) 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.

Located at: Sterling Gym

15 Industrial Drive ■ Sterling, MA 01564

978-422-7655 or 978-973-2484

www.sterlingmartialarts.com