

# Salem Class Schedule

**770-385-8106**

**(Effective September 4, 2013)**

**“Changing the World One Black Belt at a Time!”**

**www.umaskarate.com**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiny Tigers Beginner (Ages 3 - 4)</b>	4:00 PM		4:00 PM			12:00 PM
<b>Lil' Dragons Beginner (Ages 5 - 6)</b>	4:40 PM	5:40 PM	4:40 PM	5:40 PM		12:00 PM
<b>Jr. Ninja Beginner (Ages 7-12) (White/Yellow/Orange)</b>	5:20 PM	6:20 PM	5:20 PM	6:20 PM		11:00 AM
<b>Jr. Ninja Intermediate (Ages 7-12) (Green/Purple/Blue)</b>	6:10 PM	4:50 PM	6:10 PM	4:00 PM		11:00 AM
<b>Jr. Ninja Advanced (Ages 7-12) (Red/Brown/Black)</b>	7:00 PM	4:00 PM	7:00 PM	4:50 PM		11:00 AM
<b>Kickin' Teens/Adults (Ages 13+) (All Belts)</b>	7:50 PM	8:00 PM	7:50 PM	8:00 PM		10:00 AM
<b>Black Belts (All Ages)</b>		7:10 PM		7:10 PM		
<b>Weapons Class (Leadership ONLY)</b>					4:15 PM	
<b>Family Class (All Ages) (All Belts)</b>					5:20 PM	
<b>Sparring Class (All Ages) (Full Gear Required)</b>					6:10 PM	
<b>Ladies Fitness Kickboxing (Age 16+)</b>	6:15 PM	6:25 PM	6:15 PM	6:25 PM		10:00 AM

- \* Action te AM practice will be held on the 1st and 3rd Fridays of the month at 7:00 PM.
- \* Basic Experience members may attend 1-2 classes per week. White uniform only please.
- \* Black Belt Experience members may attend up to 3 classes per week total. (Includes sparring class)
- \* Leadership/Instructor Experience members may attend up to 4 classes per week total. (Includes sparring and weapons class)
- \* Yellow belts and above must supply their own sparring equipment and weapons. MUST have UMAS logo!!!
- \* Students are encouraged to study their curriculum books and DVD's and practice at home to make timely progress.
- \* U.M.A.S. Karate t-shirts may be worn to all classes during the summer and always on Friday evening classes. Available at the schools pro shop.
- \* All Black Belt and Leadership Experience members must bring gear and weapon to every class. (“Odd” days are weapon days and “Even” days are gear days) (see monthly calendar)
- \* Please arrive 5-10 minutes prior to the start of your class. If more than 10 minutes late you may not take class!
- \* You must be picked up immediately after class. We are not responsible for children left unattended!
- \* Do not disturb class! Pull attendance card upon arriving and sit quietly in line.