

# Fall 2011 Sign Ups!

**To register for classes choose a first, second, and third choice (in case one of the first two choices is not available). Please email me at [colleennigma@yahoo.com](mailto:colleennigma@yahoo.com) or call and leave a voice message at 781.862.0899. We will only contact you if we can not accommodate your first two choices.**

## Fall 2011 Schedule (effective from September 19, 2011 – June 16, 2012)

The school will be closed for all Massachusetts legal holidays. Call 781.862.0899 for recorded messages for bad weather school cancellations. Recorded information will be available at 2:00 pm.

|           | <b>Jr. Beginner</b> | <b>Teens &amp; Adults</b>         | <b>Jr. Intermediate/Advanced</b> | <b>Little Dragons</b> |
|-----------|---------------------|-----------------------------------|----------------------------------|-----------------------|
| Monday    | 4:15 - 5:00 pm      | 7:30 - 8:30 pm                    | 5:15 - 6:00 pm                   |                       |
| Monday    | 6:15 - 7:00 pm      |                                   |                                  |                       |
| Tuesday   | 4:15 - 5:00 pm      | 10:30 - 11:30 am<br>[Adults Only] | 5:15 - 6:00 pm                   |                       |
| Tuesday   | 6:15 - 7:00 pm      | 7:30 - 8:30 pm                    |                                  |                       |
| Wednesday | 5:30 - 6:15 pm      | 7:30 - 8:30 pm                    | 6:30 - 7:15 pm                   | 4:30 - 5:00 pm        |
| Thursday  | 4:15 - 5:00 pm      | 10:30 - 11:30 am<br>[Adults Only] | 5:15 - 6:00 pm                   | 3:30 - 4:00 pm        |
| Thursday  | 6:15 - 7:00 pm      | 7:30 - 8:30 pm                    |                                  |                       |
| Friday    | 5:00 - 5:45 pm      |                                   | 6:00 - 6:45 pm                   | 4:15 - 4:45 pm        |
| Saturday  | 9:30-10:15 am       | 11:30-12:30 pm                    | 10:30-11:15 am                   | 9:00-9:30 am          |

## Class Descriptions

- **Little Dragons** - A ½ hour class that runs in 12 week sessions and is an introduction to the martial arts for children 4-7 years of age. This program helps children develop coordination, listening skills, and gain body confidence.
- **Jr. Beginner** - (white, yellow, orange, purple, blue, and green belts) Many Little Dragons graduate to this level. Students from 7-12 years of age focus on traditional martial arts training and philosophy. Classes are 45 minutes and have a strong emphasis on fitness that relates to the martial arts.
- **Jr. Intermediate/Advanced** - These students have been training for approximately 2 years and are ultimately preparing for black belt. Sparring and self-defense are introduced at this level, as well as traditional weapons training.
- **Teens & Adults** - Students of all levels attend this class, sometimes attending with a parent. The classes have a strong emphasis on fitness, traditional martial arts, self defense, sparring and traditional weapons for those students with appropriate belt levels.