

SUMMER CLASS SCHEDULE EFFECTIVE JUNE 3, 2024—AUGUST 3, 2024 **IDEAL CLASS ATTENDANCE IS 2-3 TIMES PER WEEK.** 

#### **MONDAY**

4:00-5:00pm-ALL RANKS JUNIORS

5:00-5:45pm—GREEN & BLUE JUNIORS

6:00-6:45pm-WEAPONS CLASS

7:00-7:45pm—ALL RANKS ADULTS

## WEDNESDAY

4:30-5:00pm—CUBS CLASS (4-5 year olds)

5:00-5:45pm—WHITE-SENIOR YELLOR JR'S

6:00-6:45pm—GREEN & BLUE JUNIORS

7:00-7:45pm—ALL RANKS ADULTS

#### **FRIDAY**

4:30-5:00pm—CUBS CLASS (4-5 year olds)

5:00-5:45pm—RESERVED FOR PRIVATE LESSONS

6:00-6:45pm—GREEN & ABOVE JUNIORS

7:00-7:45pm—ALL RANKS ADULTS/FAMILY CLASS\*

\*Adult & junior family members may attend this class together regardless of rank. Juniors MUST be accompanied by an adult to attend.

## **TUESDAY**

11:00-11:45am-WHITE BELT JUNIORS

4:00-4:45pm— ALL RANKS JUNIORS

5:00-5:45pm— PURPLE & ABOVE JUNIORS

6:00-6:45pm-WHITE-SENIOR YELLOW JR'S

7:00-7:45pm- ALL RANKS ADULTS

# **THURSDAY**

11:00-11:45am— WHITE BELT JUNIORS

4:00-4:45pm-ALL RANKS JUNIORS

5:00-5:45pm—PURPLE & ABOVE JUNIORS

6:00-6:45pm—WHITE-SENIOR YELLOW JR'S

7:00-7:45pm—ALL RANKS ADULTS

# **SATURDAY** NO CLASSES—RESERVED

FOR BELT EXAMS, TOURNAMENTS, SEMINARS & **BIRTHDAY PARTIES** 

NEW! CUBS PROGRAM - OPEN TO STUDENTS AGE 4-5 • JUNIORS PROGRAM—STUDENTS AGES 6-10 TEEN/ADULT PROGRAM—STUDENTS AGES 11 & UP

#### ALL PROGRAMS INCLUDE UNLIMITED CLASS ATTENDANCE.

BELT RANK EXAMS-Students must test to earn each new rank. Belt rank testings are held every 8 weeks-the dates & locations will be announced by the academy.

**TESTING CYCLES**-There are six 8-week training cycles each year. Students are required to meet minimum class attendance guidelines to be eligible to test. Class totals reset to zero at the beginning of each cycle regardless if a student has tested for rank. Minimum class attendance does not guarantee advancement. Remember, minimum preparation often produces minimum results.

LATE & RE-TESTINGS-Late testing is only for students who have registered for & missed the formal testing due

to an unforeseen emergency & students who received a "Re-test Required" result from formal testing. There is an additional \$10 fee for late testing.

UNIFORM SPECIFICS/T-SHIRTS-Students are expected to wear their training gear or uniforms and rank belts to all classes and all Taekwondo functions. Taekwondo T-shirts may be purchased from Ed Rose's Martial Arts Academy. Students may wear their black training gear t-shirt under their ceremonial top at testings, tournaments and special events. No other T-shirts are allowed under their top.

SCHOOL POLICIES—A COPY OF OUR ACADEMY POLCIES WERE INCLUDED IN YOUR WELCOME PACK-ET. PLEASE REVIEW AND LET US KNOW IF YOU HAVE ANY QUESTIONS. PLEASE DO NOT COMMUNICATE WITH YOUR STUDENT DURING CLASS TIMES. STUDENTS ARE REQUIRED TO ASK PERMISSION TO LEAVE THE **WORKOUT FLOOR ONCE A CLASS HAS BEGUN. THANK YOU FOR YOUR COOPERATION!** 

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