



Y H Park Olympic TaeKwonDo

Respect • Humility • Perseverance • Self Control • Honesty

Class Schedule Effective March 8, 2010

“One Family, One Vision”

**Bo Dan and Black Belts may come to any class to help assist and train.
Sparring will now be incorporated into all classes for students Orange Belt and above.**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday
4:00-4:50	Children's Low Belts	Children's High Belts	Children's Low Belts	Children's High Belts	All Children's Belts	10:00-10:50	All Children's Belts
5:00-5:50	Children's High Belts	Children's Low Belts	Children's High Belts	Children's Low Belts	Adult & Teen All Belts	11:00-12:00	Bo Dan & Black Belt Only
6:00-7:00	Adult & Teen All Belts	Adult & Teen All Belts	Bo Dan & Black Belt Only	Adult & Teen All Belts	<u>Private Lessons</u>	12:10-1:10	Adult & Teen All Belts
7:10-8:10	Bo Dan & Black Belt Only	Cardio Kickboxing	Adult & Teen All Belts	Cardio Kickboxing	<u>Private Lessons</u>	1:10-2:10	DEMO TEAM
8:10-9:10	<u>Open Mat</u>		<u>Open Mat</u>		<u>Private Lessons</u>	2:10 +	<u>Private Lessons</u>

Children's Low Belts: White, Yellow, Orange, Green

Children's High Belts: Blue, Purple, Red, Brown, Red/Black

OPEN MAT: Students are encouraged to participate in open training together under the supervision of Master and Grandmaster instructors.

Please come prepared for class:

- Students should arrive 10 minutes before class to stretch and warm up
- All students Orange Belt and above must bring Sparring Gear to class

Students in the Black Belt Club or holding an annual membership are eligible for one private lesson per year at no extra cost. Please schedule at least two weeks in advance when possible.

Parent Conferences are available upon request, and recommended once every three months to effectively integrate your child's training with other goals.

The Dojang is available for Birthday Parties Saturday after Demo Team & Friday after 6 pm with appropriate notice.