

# WATERLOO KUNG-FU ACADEMY

## UPDATED - Class Schedule/Academy Hours – Effective November 2011

IN ADDITION TO THE TIMES BELOW, PRIVATE CLASSES ARE AVAILABLE. SEE SIFU FOR DETAILS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Academy Hours</u> 11:45AM to 1:00PM 4:30PM to 9:15PM	<u>Academy Hours</u> 3:45PM to 9:30PM	<u>Academy Hours</u> 11:45AM to 1:00PM 4:30PM to 9:00PM	<u>Academy Hours</u> 4:30PM to 9:15PM	<u>Academy Hours</u> 11:45AM to 1:00PM 4:15PM to 9:30PM	<u>Academy Hours</u> 9:45AM to 1:30PM	<u>Academy Hours</u> 10:15 to 11:30PM
					<u>Little Ninjas</u> 10:00AM to 10:30AM	
<u>ADULT</u> <i>(All adult levels)</i> 12:00 to 1:00PM		<u>ADULT</u> <i>(All adult levels)</i> 12:00 to 1:00PM		<u>ADULT</u> <i>(All adult levels)</i> 12:00 to 1:00PM	<u>YOUTH INT./ADV.</u> 10:30AM to 11:30AM	<u>ADULT</u> <i>(All adult levels)</i> 10:30 to 11:30AM
					<u>JUNIOR INT./ADV.</u> <i>11:30AM to 12:30PM</i>	
	<u>Little Ninjas</u> 4:00 to 4:30 PM	<b>“MARTIAL ARTS IS ABOUT DISCIPLINE, AND THE FIRST DISCIPLINE IS TO COME TO CLASS.”</b>				<u>ADULT</u> <i>(All adult levels)</i> 12:30 PM to 1:30PM
<u>YOUTH NOVICE I</u> 4:45 to 5:30PM	<u>YOUTH - YELLOW</u> 4:30 to 5:30PM	<u>YOUTH INT./ADV.</u> 4:45 to 5:45PM	<u>YOUTH NOVICE I</u> 4:45 to 5:30PM	<u>YOUTH - YELLOW</u> 4:30 to 5:30PM	<p style="text-align: center;"><b><u>IMPORTANT</u></b></p> <ul style="list-style-type: none"> <li>☉ <i>Black Sash Only</i> classes at 8:15 PM one Thursday per month (check whiteboard in the training area or weight room for exact dates).</li> <li>☉ Summer schedule starts each summer after July 1<sup>st</sup> weekend (posted each June).</li> <li>☉ Holiday weekend &amp; Christmas closures are in students corner of website</li> <li>☉ Any adult class with fewer than 5 students attending may be cancelled or declared “free-time”</li> <li>☉ Saturday Youth &amp; Junior classes will be combined and will be run from 10:30 – 11:30 on grading days.</li> </ul> <p style="text-align: center;"><b><u>DIRECTORY</u></b></p> <p>YOUTH = 6 to 10 years old            JUNIOR = 11 to 14 years old            ADULT = 15 years &amp; older            LITTLE NINJAS = 4 &amp; 5 years old</p> <p style="text-align: center;"><b><u>CHILDREN’S RANK CATEGORIES</u></b></p> <p>YOUTH Novice I = beginner, no belt            YOUTH Yellow = yellow stripe, yellow belt            YOUTH Orange = orange-stripe, orange belt            YOUTH Int./Adv = green-stripe &amp; higher            JUNIOR Novice I = beginner &amp; red sash            JUNIOR Novice II = yellow &amp; orange sash            JUNIOR Int./Adv = green &amp; higher</p>	
<u>YOUTH - RED</u> 5:30 TO 6:15PM	<u>YOUTH - ORANGE</u> 5:30 TO 6:30PM	<u>JUNIOR INT./ADV.</u> <i>5:45 to 6:45PM</i>	<u>YOUTH - RED</u> 5:30 TO 6:15PM	<u>YOUTH - ORANGE</u> 5:30 TO 6:30PM		
<u>JUNIOR NOVICE I</u> <i>6:15 to 7:15PM</i>	<u>JUNIOR NOVICE II</u> <i>6:30 to 7:30PM</i>	OPEN KWON 15 MINUTES	<u>JUNIOR NOVICE I</u> <i>6:15 to 7:15PM</i>	<u>JUNIOR NOVICE II</u> <i>6:30 to 7:30PM</i>		
<u>ADULT NOVICE I</u> <i>(Orientation/Red Sash)</i> 7:15 to 8:15PM	<u>ADULT NOVICE II</u> <i>(Red, yellow, orange)</i> 7:30 to 8:30PM	<u>ADULT NOVICE I</u> <i>(Orientation/Red Sash)</i> 7:00 to 8:00PM	<u>ADULT NOVICE II</u> <i>(Red, yellow, orange)</i> 7:15 to 8:15PM	<u>ADULT NOVICE I</u> <i>(Orientation/Red Sash)</i> 7:30 to 8:30PM		
<u>ADULT SASH LEVEL</u> <i>(Yellow to black)</i> Class: 8:15 to 9:15PM	<u>ADULT INT./ADV.</u> <i>(Green to black)</i> 8:30 to 9:30PM	<u>ADULT SASH LEVEL</u> <i>(Yellow to black)</i> 8:00 to 9:00PM	<u>ADULT INT./ADV.</u> <i>(Green to black)</i> 8:15 to 9:15PM	<u>ADULT SASH LEVEL</u> <i>(Yellow to black)</i> 8:30 to 9:30PM <i>(all Request)</i>		