



YOUNG PARK MARTIAL ARTS

Est. 1980 - Home of Former Team Canada Coach & Many Champions

Confidence • Discipline • Respect • Integrity • Focus



HAMILTON SCHOOL CLASS SCHEDULE - TEL 905-387-5425 www.youngpark.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1) For Sparring classes, you <u>must</u> have <u>YOUR OWN SHIN/FOOT GUARDS (except for white to orange belts)</u>. 2) Classes are divided according to your BELT RANK & AGE. Please come to the appropriate classes. 3) Siblings may come to the same class unless their levels are very different - Please ask Master Kim.</p>					10:30 - 11:00 Kindergarten <u>Ages 3 - 5 ONLY</u>
5:00 - 5:45 WHITE to ORANGE <i>demo practice & conditioning</i>	4:30 - 5:20 ALL BELTS <i>technical kicking & sparring</i>	4:30 - 5:20 ALL BELTS <i>self-defense</i>	5:00 - 5:30 Kindergarten <u>Ages 3 - 5 ONLY</u>	4:30 - 5:20 ALL BELTS <i>weaponry</i>	11:00 - 11:50 WHITE to ORANGE <i>weaponry</i>
5:50 - 6:20 Kindergarten <u>Ages 3 - 5 ONLY</u>	5:30 - 6:20 WHITE to ORANGE <i>technical kicking & controlled sparring</i>	5:30 - 6:20 LIGHT BLUE to RED <i>self-defense</i>	5:30 - 6:20 WHITE to ORANGE <i>self-defense</i>	5:30 - 6:20 LIGHT BLUE to PURPLE <i>weaponry</i>	12:00 - 12:50 LIGHT BLUE to RED <i>review & character building</i>
6:30 - 7:20 LIGHT BLUE to PURPLE <i>demo practice & conditioning</i>	6:30 - 7:20 LIGHT BLUE to PURPLE <i>sparring</i> <i>*Shin Guards Mandatory</i>	6:30 - 7:20 WHITE to ORANGE <i>self-defense & character building</i>	6:30 - 7:20 LIGHT BLUE to PURPLE <i>demo practice & conditioning</i>	6:30 - 7:20 WHITE to ORANGE <i>review</i>	1:00 - 1:50 DARK BLUE to BLACK
7:30 - 8:20 BROWN & UP <i>self-defense</i>	7:30 - 8:20 BROWN & UP <i>Sparring</i> <i>*Shin Guards Mandatory</i>	7:30 - 8:20 DARK BLUE to BLACK ALL AGES	7:30 - 8:20 BROWN & UP <i>review</i>	7:30 - 8:20 BROWN & UP <i>weaponry</i>	
8:30 - 9:20 JUNIOR & ADULTS <i>self-defence</i>	8:30 - 9:20 JUNIOR & ADULTS <i>technical kicking & sparring</i>	8:30 - 9:20 JUNIOR & ADULTS <i>self-defence</i>	8:30 - 9:20 JUNIOR & ADULTS <i>technical kicking & sparring</i>	8:30 - 9:20 JUNIOR & ADULTS <i>weaponry</i>	

EFFECTIVE January 13, 2024

