



YOUNG PARK MARTIAL ARTS

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

Confidence • Discipline • Respect • Integrity • Focus



STONEY CREEK LOCATION WINTER CLASS SCHEDULE (EFFECTIVE January 29th, 2024) TEL 905-387-5425 www.youngpark.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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****Classes are divided according to you BELT RANK & AGE. Please come to the appropriate class.**

****Please arrive at least 5 minutes before your class.**

5:00-5:30 pm Kindergarten <u>Ages 3-5 ONLY</u>	5:00-5:30 pm Kindergarten <u>Ages 3-5 ONLY</u>	5:00-5:50 pm White-Yellow <i>Technical kicking & fundamentals</i>	5:00-5:30 pm Kindergarten <u>Ages 3-5 ONLY</u>	5:00-5:50 pm White-Yellow <i>weaponry</i>	10:30-11:00 am Kindergarten <u>Ages 3-5 ONLY</u>
6:00-6:50 pm White-Orange <i>Demo practice & conditioning</i>	6:00-6:50 pm White-Orange <i>Self defense & character building</i>	6:00-6:50 pm Yellow- Lt blue <i>Technical kicking & sparring</i>	6:00-6:50 pm White-Orange <i>weaponry</i>	6:00-6:50 pm Yellow- Lt blue <i>weaponry</i>	11:30-12:20 pm All Belts <i>Review & Character Building</i>
7:00-7:50 pm Yellow & Up <i>Demo practice & sparring</i>	7:00-7:50 pm Yellow & Up <i>Self defense & sparring</i>	7:00-7:50 pm All Belts <i>Technical kicking & sparring</i>	7:00-7:50 pm Yellow & Up <i>Technical kicking & sparring</i>	7:00-7:50 pm Green and up <i>weaponry</i>	12:30-2:30 pm ICG Team Canada Training
8:00 pm-8:50 pm Teen & Adult <i>Technical kicking & forms</i>	8:00-8:50 pm Teen & Adult <i>Self-defense</i>	8:00-8:50 pm Teen & Adult <i>Technical kicking & sparring</i>	8:00-8:50 pm Teen & Adult <i>Technical kicking & sparring</i>	8:00-8:50 pm Teen & Adult <i>weaponry</i>	2:30pm-3:30pm Private lessons

EFFECTIVE MONDAY January 29th, 2024

1)Siblings may come to the same class unless their belt levels are very different. – Please ask Master Alex if siblings can attend at the same time