



# YOUNG PARK MARTIAL ARTS

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

*Confidence • Discipline • Respect • Integrity • Focus*



STONEY CREEK LOCATION SUMMER CLASS SCHEDULE (EFFECTIVE JUNE 3rd, 2024) TEL 905-387-5425 [www.youngpark.ca](http://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 <b>Kindergarten</b> <u>Ages 3-5 ONLY</u>	5:00-5:30 pm <b>Kindergarten</b> <u>Ages 3-5 ONLY</u>	5:00-5:50 pm <b>White-Orange</b> <i>Technical kicking &amp; sparring</i>	5:00-5:30 pm <b>Kindergarten</b> <u>Ages 3-5 ONLY</u>	5:00-5:50 pm <b>White-Orange</b> <i>weaponry</i>	10:30-11:00 am <b>Kindergarten</b> <u>Ages 3-5 ONLY</u>
6:00-6:50 pm <b>White-Orange</b> <i>Demo practice &amp; sparring</i>	6:00-6:50 pm <b>White-Orange</b> <i>Self defense &amp; patterns</i>	6:00-6:50 pm <b>Lt Blue &amp; up</b> <i>Technical kicking &amp; sparring</i>	6:00-6:50 pm <b>White-Orange</b> <i>Self defense &amp; patterns</i>	6:00-6:50 pm <b>Lt Blue &amp; up</b> <i>weaponry</i>	11:30-12:20 pm <b>All Belts</b> <i>Review &amp; Character Building</i>
7:00-7:50 pm <b>Lt Blue &amp; up</b> <i>Demo practice &amp; sparring</i>	7:00-7:50 pm <b>Lt Blue &amp; up</b> <i>Self defense &amp; patterns</i>	7:00-7:50 pm <b>Green &amp; up</b> <i>Technical kicking &amp; sparring</i>	7:00-7:50 pm <b>Lt Blue &amp; up</b> <i>Self defense &amp; patterns</i>	7:00-7:50 pm <b>Green &amp; up</b> <i>weaponry</i>	12:30-2:30 pm <b>ICG Team Canada Training</b>
8:00 pm-8:50 pm <b>Teen &amp; Adult</b> <i>Technical kicking &amp; sparring</i>	8:00-8:50 pm <b>Teen &amp; Adult</b> <i>Self defense &amp; patterns</i>	8:00-8:50 pm <b>Teen &amp; Adult</b> <i>Technical kicking &amp; sparring</i>	8:00-8:50 pm <b>Teen &amp; Adult</b> <i>Self defense &amp; patterns</i>	8:00-8:50 pm <b>Teen &amp; Adult</b> <i>weaponry</i>	2:30pm-3:30pm <b>Private lessons</b>

**EFFECTIVE Saturday June 3rd, 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