

YJCC Okinawan Karate

CLASS	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Little Samurai	9:30-10:15 am		12:30-1:15 pm 2:15-3:00 pm			
Little Dragons	10:15-11:00 am	4:30-5:15 pm		3:15-4:00 pm 4:00-4:45 pm		
Kids White-Yellow/Orange	1:30-2:15 pm	5:15-6:00 pm	4:30-5:15 pm	5:15-6:00 pm	4:30-5:15 pm	
Kids Yell/Orng-Orng/Green		5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm	
Kids Green & Jr. Black Belt	1:30-2:15 pm	6:00-6:45 pm	6:00-6:45 pm	6:00-6:45 pm	6:00-6:45 pm	
Kids Brown & Jr. Black Belt	1:30-2:15 pm	6:00-6:45 pm	6:00-6:45 pm	(Stay for both) 6:45-7:30 pm	(Stay for both) 6:45-7:30 pm	
Weapons		6:45-7:30 pm	6:45-7:30 pm			
Teens	1:30-2:30 pm	7:15-8:15 pm			6:45-7:45 pm	
Adults All Ranks	11:00 am-12:30 pm	7:30-8:30 am 8:15-9:45 pm	11:30 am-12:30 pm 8:15-9:45 pm	7:30-8:30 am 8:15-9:45 pm	12:00-1:00 pm 8:15-9:45 pm	7:30-8:30 am
Self-Defense				(dates below) 7:30-8:30 pm	(dates below) 9:30-10:30 am	
Testing Class	Last Wed. of month	(No Br. & Jr. Black)		7:00-8:00 pm		

SCHEDULE SUBJECT TO CHANGE

CHIEF INSTRUCTOR - Sensei Lisa Schwartz, 6th Dan INSTRUCTOR - Sensei Larry Schwartz, 7th Dan

OKINAWAN SHORIN RYU SHIDO KAN KARATE

Sessions 3 & 4 - Sunday, February 4, 2007 - Friday, June 22, 2007

All Classes are Open to Both Members and Non-Members. Fees are pro-rated if a new student joins one month after the session has started. Anyone may try a sample class for free. Missed classes may be made up within the session. *Little Samurai*, *Little Dragons* and *Weapons* are once a week. All Kids, Teens and Adult classes are a minimum of twice a week. For more information, visit us on the web at www.yjccokinawankarate.com or call 201-666-6610, ext. 316 and leave a message!



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Health, Fitness & Recreation

Little Samurai

AGES 4 & 5 (CHILDREN IN NURSERY SCHOOL)

Self-discipline, respect and fun with basic karate skills enhance coordination and balance. T-shirts are given out as uniforms. Class is 45 minutes once a week.

Sundays (16), 9:30 am, M \$385 NM \$435 54000-SS3

Tuesdays (13), 12:30 pm, M \$315 41148-TP3

Tuesdays (13), 2:00 pm, M \$315 41148-TPP3

Little Dragons

CHILDREN IN KINDERGARTEN

Listening, coordination, teamwork and karate skills for kindergarteners. Uniform and style patch provided. Class is 45 minutes once a week.

Sundays 54000-DS3

Mondays 54000-DM3

Wednesdays 54000-DW3

Wednesdays (K-Plus), 3:15 pm 54000-DK3

M \$215 NM \$265

Kids Karate

CHILDREN IN 1ST GRADE & UP

Teen Karate

CHILDREN AGES 11-1/2 TO 14

Adult Karate

AGES 14 & UP

M \$325 NM \$425 54000-KA3

Weapons

BROWN BELT & ABOVE

M \$90 NM \$115 54000-WA3

Self Defense for Women

AGES 14 & UP

Wednesdays (5), 7:30 - 8:30 pm

Apr. 18 - May 16

M \$125 NM \$150 54000-WS3

Thursdays (5), 9:30 - 10:30 am

Apr. 19 - May 17

M \$125 NM \$150 54000-TS3



FAMILY DISCOUNT:

54000-KF3

(Members Only) 2 or more Karate students per family (excluding Little Samurai and Little Dragons): \$290 each