


596-2444

75 Atlantic Avenue, Lynbrook

Ryu's Martial Arts

Class Schedule

Winners Never Quit!

Effective 9/7/2011	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45-10:45		T.E.K.	11:00 Adult All	T.E.K.		
4:00 – 4:45	4:00-4:35 <i>Little Kickers</i>	Children/Jr. Red-Black	Children/Jr. Yellow-H/Purple	4:00-4:35 <i>Little Kickers</i>		9:40 – 10:30 Adult All
4:45 – 5:30	Children/Jr. White-W/Y	Children/Jr. Yellow-H/Purple	Children/Jr. Red-Bodan	Children/Jr. White-W/Y	Ch/Jr. Sparring	10:30 – 11:15 Children/Jr. Yellow-Black
5:30 – 6:15	Children/Jr. Yellow-H/Purple	Children/Jr. White-W/Y	5:30-6:05 <i>Little Kickers</i>	B. B. C. (Red uniform only)	Demo Team	11:15 – 12:00 Children/Jr. White-W/Y
				Leadership (Blue Uniform)		11:15-11:50 <i>Little Kickers</i>
6:15 – 7:00	Children/Jr. Red-Bodan	Junior ALL	BLACK BELT	Children Yellow-Black	Special Events & Staff Training	12:00 – 1:00 Competition Team Training
				Junior ALL		
7:00 – 7:45	BLACK BELT	Juniors ages 13 + Red-Black Adult ALL	<i>Special Class</i>	Juniors ages 13 + Red-Black Adult ALL		1:30 – 3:00 Birthday Party
7:45 – 8:45	Adult ALL	<i>T.E.K</i>	Adult ALL	<i>T.E.K</i>		

- 🕒 Please arrive at least 5 minutes prior to class.
- 📞 If you can not attend, please call.
- 👕 Proper uniform is required to participate in class.
- 🥋 Sparring class is for color belts and requires full sparring equipment.
- 🏠 The school will be closed for all major holidays.

- 🥋 Safety equipment is required for all students. The last week of every month will include sparring in all color belt classes.
- 👶 Little kickers – under 6 years
- 👦 Children classes – 6-10 years
- 👦 Junior classes – 11-15 years
- 👤 Adult classes - 16 years and up

