


596-2444

75 Atlantic Avenue, Lynbrook

Ryu's Martial Arts

Class Schedule

Winners Never Quit!

Effective 9/7/2010	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:00		Adult All		Adult All		9:40 – 10:30 Adult All
4:00 – 4:45	4:00-4:35 <i>Little Kickers</i>	Children/Jr. Yellow-Green	Children/Jr. Blue-High Purple	4:00-4:35 <i>Little Kickers</i>	Children/Jr. Yellow-Green Children/Jr. Red-Black	
4:45 – 5:30	Children/Jr. White-W/Y	Children/Jr. Red-Black	Children/Jr. Red-R/B	Children/Jr. Yellow-H/Purple	Ch/Jr Sparring	10:30 – 11:15 Children/Jr Blue-Black
5:30 – 6:15	Children/Jr. Yellow-H/Purple	Children/Jr. White-W/Y	<i>Little Kickers</i> Children/Jr. Bodan	Children/Jr. White-W/Y	Demo Team	11:15 – 12:00 Children/Jr White-Green
6:15 – 7:00	Children/Jr Red-Bodan	Children/Jr. Blue-High Purple	B. B. C. (Red uniform only)	BLACK BELT	Staff Class or Special Event	12:00 – 12:35 Little Kickers ALL
7:00 – 7:45	BLACK BELT	Junior ALL	Leadership Class	Junior ALL		1:00 – 2:30 Birthday Party
7:45 – 8:45	Adult ALL	Adult ALL	<i>Special Class</i>	Adult ALL		
<ul style="list-style-type: none"> ☉ Please arrive at least 10 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. 			<ul style="list-style-type: none"> ☉ 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 			