

Ryu's Martial Arts

Class Schedule

596-2444

75 Atlantic Avenue, Lynbrook

Effective 9/5/07	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am		Adult All		Adult All		9:40 – 10:30 Adult All
4:00 – 4:45	Trial Lesson	4:00 – 4:35 Little Kickers	Children Yellow-Green	4:00 – 4:35 Little Kickers	4:00 – 4:35 Little Kickers	
4:45 – 5:30	Children Yellow-Blue	Children Purple-Black	Children/Junior Blue-Red	Children Green-Black	Children/Junior White-Orange	10:30 – 11:15 Children/Jr Green-Black
5:30 – 6:15	Children Purple-Black	Children/Junior White-Wht/Yel	Children/Junior * Brown -Dpty Blk	Children/Junior White-Wht/Yel	Children Sparring	11:15 – 12:00 Children /Jr White-Orange
6:15 – 7:00	Children/Jr White-Wht/Yel	Children/Junior Yellow-Blue	Children/Junior Black Belt *	Color Belts in the BEGINNER BLACK BELT Program	Junior Sparring	12:00 – 1:00 Private Lesson
7:00 – 7:45	Junior Yellow-Black	Junior/Adult Purple-Black	Junior/Adult White-Green	Junior ALL	Family Class Leadership program	1:30 – 3:00 Birthday Party
7:45 – 8:45	Adult ALL	Adult ALL	Adult Blue-Black	Adult ALL	Adult Sparring	3:30 – 5:00 Birthday Party
<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"> ☉ Please follow the schedule for appropriate age and belt. ☉ Little kickers – under 6 years ☉ Children classes – 6-10 years ☉ Junior classes – 11-15 years ☉ Adult classes - 16 years and up 		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>*Training will include nunchuks and sparring. (Sparring equipment needed)</p> </div>	