

Academy Class Schedule

Consistency is the key to success! When choosing a class schedule, try to stay consistent on your days (Mon./Wed., Tue./Thur. etc). Please make up classes you miss and notify the dojo if you need to make a change.

To Register: Visit the members page of our website (using password **karate** to log in) and choose your class time each week.



**ACADEMY OF
TRADITIONAL
KARATE**

Teaching life skills since 1989
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Little Dragons Program (Ages 3-5):

One class per week

Monday	Tuesday	Wednesday	Thursday	Saturday
	4:30-5:00 pm			11:00-11:30 am

Little Samurai Program (Ages 4-7):

One class per week as a primary day (a second class is optional but encouraged)

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	9:00-9:45 am***
5:30-6:15 pm***		5:30-6:15 pm***		

Youth Program (Ages 7-teen):

Two classes per week (a third class is optional after Gold Belt)

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30-5:15 pm		4:30-5:15 pm	4:30-5:15 pm	9:00-9:45 am***
5:30-6:15 pm***		5:30-6:15 pm***		10:00-10:45 am
	5:30-6:15 pm		5:30-6:15 pm	
6:30-7:15 pm	6:30-7:30 pm ** Youth Advanced	6:30-7:15 pm	6:30-7:30 pm** Youth Advanced	

****Youth Advanced class. Students need to be a Blue Belt or above to attend.**

Teen and Adult Program:

Two classes per week (a third class is optional after Gold Belt)

Monday	Tuesday	Wednesday	Thursday	Saturday
5:30-6:15 pm***		5:30-6:15 pm***		9:00-9:45 am***
	6:30-7:30 pm		6:30-7:30 pm	
6:30-7:30 pm		6:30-7:30 pm		

*****Family classes run for 45 minutes. This allows parents and children to train at the same time and end class at the same time.**

Bonus Classes: Some classes have criteria to attend- See below for details.

Monday	Tuesday	Wednesday	Thursday	Saturday
7:30-8:15 pm Kobudo- Hard Weapons Teen Jr. Black Belt and Adult Green Belt and above		6:30-7:30 pm Adult Doshi Kai First Wed. of the month. DK Gold Belt and above	6:30-7:30 pm Youth Doshi Kai First Thursday of the month. DK Gold Belt and above	10:00-11:00 am Tutoring/Open Floor Little Samurai and above. 10:45-11:30 am Soft Swords Doshi Kai Gold Belt and above