



# FALL/WINTER SCHEDULE 2009

Effective October 5, 2009

## CHILDRENS PROGRAM

Call 914-741-5550  
and ask Rita for your  
**FREE 2-Week VIP Introductory  
Course! (\$99 value)**

| CLASS DESCRIPTION  | MONDAY                            | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY  | SATURDAY         |
|--|-----------------------------------|----------------|----------------|----------------|---|------------------|
| <b>LIL' WARRIORS</b><br>Pre-School Children                  | 3:30 - 4:00 PM                    |                | 3:30 - 4:00 PM |                | <b>Sign up for your Private Lessons!</b><br>Need a little extra help and motivation? Want to polish up your basics or ace your fighting combinations for your next promotion test? Is there a skill you need a helping hand with? Please check with Mrs. Malvagna for more information and scheduling with our Black Belt Success Coaches!<br><b>30 minute time slots are from 3:00 to 5:00 PM on Fridays</b> | 10:15- 10:45 AM  |
| <b>YOUTH</b><br>White to Orange/White<br>Age 5-8             | 4:45 - 5:30 PM                    | 4:00 - 4:45 PM | 4:00 - 4:45 PM | 4:45 - 5:30 PM |   | 10:45 - 11:30 AM |
| <b>JUNIOR</b><br>White to Orange/White<br>Age 9-13           | 4:00 - 4:45 PM                    | 4:45 - 5:30 PM | 4:45 - 5:30 PM | 4:00 - 4:45 PM |   | 11:30 - 12:15 PM |
| <b>BBC I</b><br>Green - Navy Blue                            | 6:15 - 7:00 PM                    | 5:30 - 6:15 PM | 5:30 - 6:15 PM | 6:15 - 7:00 PM |   | 12:15 - 1:00 PM  |
| <b>BBC II</b><br>Brown - Red/Black                           | 5:30 - 6:15 PM                    | 6:15 - 7:00 PM | 6:15 - 7:00 PM | 5:30 - 6:15 PM |   | 1:00 - 1:45 PM   |
| <b>MASTERS PROGRAM</b><br><b>JUNIOR</b><br><b>BLACK BELT</b> | <b>www.kapatidmartialarts.com</b> |                |                |                |   | 5:00 - 6:00 PM   |
|  |                                   |                |                |                | 6:00 - 6:45 PM  |                  |

## ADULT PROGRAM

|   |                 |                              |                 |                            |   |                 |
|---|-----------------|------------------------------|-----------------|----------------------------|---|-----------------|
| <b>KICKBOXING BOOTCAMP</b>                    | 9:30 - 10:30 AM |                              | 9:30 - 10:30 AM |                            | 9:30 - 10:30 AM   | 9:00 - 10:00 AM |
| <b>KICKBOXING BOOTCAMP</b>                    | 7:15 - 8:15 PM  | 7:15 - 8:15 PM               | 7:15 - 8:15 PM  | 7:15 - 8:15 PM             |   | 9:00 - 10:00 AM |
| <b>ADULT MARTIAL ARTS</b>                     | 8:15 - 9:15 PM  | 8:15 - 9:15 PM               | 8:15 - 9:15 PM  | 8:15 - 9:15 PM             | <b>Students are expected to:</b> <ul style="list-style-type: none"> <li>• Bring sparring gear to every class</li> <li>• Attend class on a regular and consistent schedule</li> <li>• Arrive 10 to 15 minutes early for your scheduled class</li> <li>• Pull Student IDs prior to class</li> <li>• Wear Full Uniform to class</li> <li>• Keep uniforms neat, clean and odor free</li> <li>• Do not disturb classes in session</li> <li>• Remain silent while other classes are bowing in and out</li> <li>• Memorize and apply Student Creed</li> <li>• Saturday classes will be cancelled occasionally due to special events</li> </ul> |                 |
| <b>ADULT ADVANCED</b>                         |                 | 8:15 - 9:15 PM               |                 | 8:15 - 9:15 PM             |   |                 |
| <b>SPECIALIZED TACTICAL TRAINING</b>          |                 | ATIENZA KALI<br>9:30 - 11 PM |                 | SAYOC KALI<br>9:30 - 11 PM |   |                 |
| <b><i>Please Don't Keep Us A Secret!!</i></b> |                 |                              |                 |                            |   |                 |

**175 Tompkins Avenue • Pleasantville, NY 10570 • 914 - 741 - 5550**