

## SUNDAY

TIME	CLASS	AGE	BELT RANK
8:15 AM	Adult Fitness	16 +	All Belt Ranks
9:00 AM	Little Dragons	4 - 6 yrs	White/Yellow
10:00 AM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
11:00 AM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
12:00 PM	Youth Advanced	10 - 15 yrs	Purple/Blue/Green/Brown
1:00 PM	Teen	12 - 17 yrs	All Belt Ranks
2:15 PM	Tiny Tigers	3 - 4 yrs	Tiny Tigers

## TUESDAY

TIME	CLASS	AGE	BELT RANK
2:00 PM	Tiny Tigers	3 - 4 yrs	Tiny Tigers
4:15 PM	Teen	12 - 17 yrs	All Belt Ranks
5:15 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:15 PM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue

## WEDNESDAY

TIME	CLASS	AGE	BELT RANK
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:00 PM	Adult Kenpo	16 +	All Belt Ranks

## THURSDAY

TIME	CLASS	AGE	BELT RANK
10:30 AM	Tiny Tigers	3 - 4 yrs	Tiny Tigers
4:00 PM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
5:00 PM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
6:00 PM	Youth Advanced	10 - 15 yrs	Purple/Blue/Green/Brown

## FRIDAY

TIME	CLASS	AGE	BELT RANK
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:00 PM	Adult Kenpo	16 +	All Belt Ranks

## SATURDAY

TIME	CLASS	AGE	BELT RANK
8:00 AM	Adult Kenpo	16 +	All Belt Ranks
9:00 AM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
10:00 AM	Little Dragons	4 - 6 yrs	White/Yellow
11:00 AM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
11:45 AM	Youth Beginner	7 - 11 yrs	White/Yellow
1:00 PM	Teen	12 - 17 yrs	All Belt Ranks

### WHAT CLASSES MAY I ATTEND?

3 - 4 yrs	karate based movement class	Tiny Tigers
4 - 6 yrs	white/yellow belts	Little Dragons
4 - 6 yrs	yellow/orange belts	Little Dragons Intermediate
7 - 11 yrs	white/yellow belts	Youth Beginner
7 - 11 yrs	orange/purple/blue belts	Youth Intermediate
10 - 15 yrs	purple/blue/green/brown belts	Youth Advanced
12 - 17 yrs	all belt ranks	Teen
16 + yrs	all belt ranks	Adult Kenpo and Fitness
14 + yrs	all levels-women only	Women's Self Defense Seminar: Inquire for Dates

Email Mr. C ([guy@dedhamhealth.com](mailto:guy@dedhamhealth.com)) or Miss Cynthia ([cynthia@dedhamhealth.com](mailto:cynthia@dedhamhealth.com)) if you have any questions or to schedule private lessons!

# DHAC MARTIAL ARTS



## SCHEDULE

\*DATES ARE SUBJECT TO CHANGE

### IMPORTANT DATES: SEPTEMBER 2018 – AUGUST 2019

<b>SEPT 2 - 8, 2018</b> Closed for Labor Day Break Week	<b>DEC 23, 2018 -</b>
<b>SEPT 9, 2018</b> Back to the Mats! Fall Opening Day!	<b>JAN 1, 2019</b> Closed for Christmas/New Years
<b>SEPT 16 - 22, 2018</b> Bring a Buddy Week!	<b>FEB 16 - 18, 2018</b> Closed for President's Weekend
<b>Oct 1, 2018</b> World Day of Bullying Prevention Open House	<b>APR 6, 2019</b> 12th Annual Kenpo Karate Tournament
<b>Nov 17, 2018</b> DHAC Knockout Hunger Tournament	<b>APR 16 - 22, 2019</b> Closed for Spring Break
<b>NOV 21-23, 2018</b> Closed for Thanksgiving	<b>MAY 12, 2019</b> Moms on the Mats! Mother's Day
	<b>JUN 16, 2019</b> Dads in the Dojo! Father's Day
	<b>JUL 1 - 7, 2019</b> Closed for 4th of July
	<b>SEPT 1 - 7, 2019</b> Closed for Labor Day Break Week

\*\*Stay tuned for special class schedules and events during break weeks\*\*

#### Instructors

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