



## Beaverdale School

2706 Beaver Ave.

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Director of Martial Arts - Daniel Fath ([danielfath@farrellsusma.com](mailto:danielfath@farrellsusma.com))

Director of Instruction/Head Instructor - Brandon Miller ([brandonmiller@farrellsusma.com](mailto:brandonmiller@farrellsusma.com))

8/1/2016

MON	TUES	WED	THUR	FRI	SAT
<b>LIL' DRAGONS</b>					
6:15PM LL	5:30PM LL	6:15PM LL	5:30PM LL		9:15AM LL
<b>TIGERS</b>					
5:30PM LL	5:30PM E	5:30PM LL	5:30PM E	4:00PM E	9:15AM LL
<b>BASIC (White, Gold, Orange)</b>					
<b>KIDS</b> 4:00PM W	4:00PM E	<b>KIDS</b> 4:00PM W	4:00PM E	4:00PM E	10:00 AM E
	5:30PM E		5:30PM E		<b>Specialty Format</b>
7:00PM E	<b>T/A</b> 7:00 E	7:00PM LL (sparring)	<b>T/A</b> 7:00 E		<b>Classes</b>
	7:45PM W	7:00PM E (non sparring)	7:45PM W		
<b>INTERMEDIATE (Green and Blue)</b>					
<b>KIDS</b> 4:00PM W	4:45PM E	<b>KIDS</b> 4:00PM W	4:45PM E	4:45PM E	10:45 AM E
6:15PM W	<b>T/A</b> 7:00 E	6:15PM W	<b>T/A</b> 7:00 E		<b>Specialty Format</b>
	7:45PM W		7:45PM W		<b>Classes</b>
<b>ADVANCED (Brown and Red)</b>					
			<b>BB</b> 5:45AM LL		10:45 AM E
5:30PM E	4:45 PM E	5:30PM W	4:45PM E	4:45PM E	<b>Specialty Format</b>
	<b>BB</b> 6:15PM E				<b>Classes</b>
	<b>T/A</b> 7:00 E		<b>T/A</b> 7:00 E		<b>BB</b> 11:30 AM E
<b>COMPETITION TEAM</b>					
7:00PM E		WKE 6:15 PM	6:15 PM E (FORMS)		
7:45PM W					
<b>AIM HIGH(White Belts ONLY)</b>					
4:45PM W	5.30PM W	4:45 PM W	5:30PM W	4:00PM E	
<b>JUDO</b>					
	<b>KIDS</b> 6:30PM LL		<b>KIDS</b> 6:30PM LL		
<b>T/A</b> 7:30PM LL	<b>T/A</b> 7:30PM LL	<b>T/A</b> 8:00PM LL	<b>T/A</b> 7:30PM LL		

Three classrooms available: E-East Room , W-West Room, LL-Lower Level

Special Classification: **BB** - Black Belt Class, **T/A** - Teens and Adults ONLY (12 & over) , **KIDS** - 11 & under

Saturday Class Format: Please check the website [farrellsusma.com](http://farrellsusma.com) for weekly themes.

Themes will be Forms, Board Breaking, Spar Wars, Kicking, Bring a Friend, etc.

**You are expected to be fifteen minutes early to warm-up in the back of the practice room.**

**Monday and Tuesday - Classes are focused more on technique and form.**

**Wednesday and Thursday - Classes are focused more on kicking and sparring.**

**SAFETY EQUIPMENT IS NEEDED FOR WED & THURS TKD CLASSES**

Sparring optional for Dragons, Tigers and Basic Students.