



Beverdale School

2706 Beaver Ave.
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Director of Martial Arts - Daniel Fath (danielfath@farrellsusma.com)

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3/23/2016

MON	TUES	WED	THUR	FRI	SAT
LIL' DRAGONS					
5:45PM ADV LL	5:30PM LL	5:45PM ADV LL	5:30PM LL		9:15AM LL
6:30PM BEG LL		6:30PM BEG LL			
TIGERS					
5:45PM LL	5:30PM E	5:45PM LL	5:30PM E	4:00PM E	9:15AM LL
BASIC (White, Gold, Orange)					
7:00PM LL	4:00PM E	4:45 PM N	4:00PM E	4:00PM E	10:00 AM E
CT 7:00PM W	5:30PM E	7:00PM LL	5:30PM E		Specialty Format
CT 7:00PM W	7:45PM W		7:45PM W		Classes
INTERMEDIATE (Green and Blue)					
4:00PM W	4:45PM E	4:00PM W	4:45PM E	4:45PM E	10:45 AM E
6:15PM W	7:00PM E	6:15PM W	7:00PM E		Specialty Format
CT 7:45PM W	7:45PM W		7:45PM W		Classes
ADVANCED (Brown and Red)					
			**5:45AM LL		10:45 AM E
5:30PM E	4:45 PM E	5:30PM W	4:45PM E	4:45PM E	Specialty Format
CT 7:00PM W	BB 6:15PM E		BB 6:15PM		Classes
CT 7:45PM W	7:00PM E		7:00PM E		BB 11:30 AM E
DEMO TEAM					
TX 7:00PM E	NRG 7:00PM LL	TX 7:00PM W	DFX 8:30PM E	SD 6:15PM W	
DFX 8:30PM E	DFX 8:30PM E	DFX 8:30PM E			
AIM HIGH(White Belts ONLY)					
4:45PM W	5:30PM E	4:45 PM W	5:30PM E	4:00PM E	
JUDO					
	6:30PM LL		6:30PM LL		

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

Special Classification: **BB** - Black Belt Class, **CT** - Competition Team, **TX, NRG, DFX, SD** - Demo Teams

Saturday Class Format: Please check the website 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.