



419 W. 55th St., Countryside
(708) 352-5323

Schedule subject to change to better meet needs of our students

FALL SCHEDULE
Effective August 22, 2016

< Classes of 3 students or less may be shortened >

The **"ATA Tiger"** program is designed for children **ages 3 to 7***. "Structured Fun" is the name of the game! This age learns best through play & our classes provide that in a way that is disciplined, yet flexible.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|-------------|--------------------------------|-------------|-------------|-------------|-----------------|
| Beginner | 4:40 – 5:20 | 9:20 – 10:00 AM 5:50 – 6:30 | 4:40 – 5:20 | 5:50 – 6:30 | 4:40 – 5:20 | 9:20 – 10:00 AM |
| Intermediate | 4:40 – 5:30 | 9:20 – 10:10 AM 5:50 – 6:40 | 4:40 – 5:30 | 5:50 – 6:40 | 4:40 – 5:30 | 9:20 – 10:10 AM |

The **"Family"** program is for "kids" **ages 7* to 97** and, specifically, families. Parents who train with their children motivates their child, provide a strong example of being physically active, willingness to try new things, and maintaining a commitment.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|-------------|----------------------------|-------------|----------------------------|-------------|------------------|
| BEGINNERS | 6:20 – 7:00 | 5:10 – 5:50 6:40 – 7:20 | 6:20 – 7:00 | 5:10 – 5:50 6:40 – 7:20 | 6:50 – 7:30 | 10:10 – 10:50 AM |
| INTERMEDIATE | 6:10 – 7:00 | 5:00 – 5:50 6:40 – 7:30 | 6:10 – 7:00 | 5:00 – 5:50 6:40 – 7:30 | 6:40 – 7:30 | 10:10 – 11:00 AM |
| ADVANCED | 5:50 – 7:00 | 4:40 – 5:50 6:40 – 7:50 | 5:50 – 7:00 | 4:40 – 5:50 6:40 – 7:50 | 6:20 – 7:30 | 10:10 – 11:20 AM |
| BLACK BELT LEADERSHIP | 5:30 – 7:00 | 4:20 – 5:50 6:40 – 8:10 | 5:30 – 7:00 | 4:20 – 5:50 6:40 – 8:10 | 6:00 – 7:30 | 10:10 – 11:40 AM |

LEGACY - MONDAYS – 7:00-7:30

This invitation-only class trains students in all the physical skills and instructional skills necessary to become successfully achieve the status of Certified Instructor. Participants must be registered with ATA Headquarters as a Legacy student.

LEADERSHIP - WEDNESDAY – 7:00-7:30

This specialty class is designed for those wanting to learn advanced competition skills of Creative and/or Xtreme empty hand and weapon forms. Participants must be registered with ATA Headquarters as a Leadership or Legacy student.

"Adult"-only classes are in addition to the "Family" class options above.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|-------------|------------------|-------------|----------|--------|----------|
| BEGINNERS | 7:30 – 8:10 | 10:10 – 10:50 AM | 7:30 – 8:10 | | | |
| INTERMEDIATE | 7:30 – 8:20 | 10:10 – 11:00 AM | 7:30 – 8:10 | | | |
| ADVANCED | 7:30 – 8:40 | 10:10 – 11:20 AM | 7:30 – 8:30 | | | |
| BLACK BELT LEADERSHIP | 7:30 – 9:00 | 10:10 – 11:40 AM | 7:30 – 8:50 | | | |

* 7 year olds should attend the program (ATA Tiger or Family) as directed by the instructional staff.

** CASUAL DAYS – (Fri. & Sat.) – Student may wear any MARTIAL ARTS t-shirt with their uniform pants & rank belt.

***** Revised 11/12/16 *****