



Class Schedule Fernandina Beach 261-8660

Tiny Tigers
4 & 5 year olds

Tigers
6 & 7 year olds

Beginner
White Belt through
Green/White Stripe Belt

Black Belt Club
Green Belt through
Brown/Black Stripe Belt

Advanced
Red/White Stripe Belt
& Higher

1st Dan & up
Black Belts

| "A" Day <i>Monday</i> | "A" Day <i>Tuesday</i> | "B" Day <i>Wednesday</i> | "B" Day <i>Thursday</i> | "A" Day <i>Friday</i> | "B" Day <i>Saturday</i> |
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| | | | | | <i>Morning Classes</i> Beginner 9:00 – 9:45am |
| Tigers (6 & 7 yr olds) <i>3:45 – 4:15pm</i> | Tiny Tigers (4 & 5 yr olds) <i>3:30 – 4:00pm</i> | Tigers (6 & 7 yr olds) <i>3:45 – 4:15pm</i> | Tiny Tigers (4 & 5 yr olds) <i>3:30 – 4:00pm</i> | Beginner <i>3:30 – 4:15pm</i> | Black Belt Club & Advanced <i>10:00 – 10:45am</i> |
| Tiny Tigers (4 & 5 yr olds) <i>4:30 – 5:00</i> | Black Belt Club <i>4:15 – 5:00</i> | Tiny Tigers (4 & 5 yr olds) <i>4:30 – 5:00</i> | Black Belt Club <i>4:15 – 5:00</i> | Black Belt Club <i>4:30 – 5:15</i> | |
| Beginner <i>5:15 – 6:00</i> | Advanced <i>5:15 – 6:00</i> | Beginner <i>5:15 – 6:00</i> | Advanced <i>5:15 – 6:00</i> | Advanced <i>5:15 – 6:00</i> | |
| Black Belt Club <i>6:10 – 6:55</i> | Beginner <i>6:10 – 6:55</i> | Black Belt Club <i>6:10 – 6:55</i> | Beginner <i>6:10 – 6:55</i> ----- 1st Dan & up | Open Mat Training for Black/White Stripes & Up ends by 6:30pm | |
| Advanced <i>7:05 – 7:55</i> | Jui-Jitsu <i>7:05 – 7:55</i> | Advanced <i>7:05 – 7:55</i> | Adults All Belts <i>7:05 – 7:55</i> ----- SWATeam Meetings | | |
| Adults All Belts <i>8:05 – 8:55</i> | Adults All Belts <i>8:05 – 8:55</i> | | | | |

Attendance Policy: 2 classes weekly are required in order for a student to be eligible for belt promotion
Students need to attend at least 1 "A" Day & 1 "B" Day a week to learn required material

Any missed classes should be made-up immediately

"A" Days – Mondays, Tuesdays, & Fridays

Students are ***not*** required to bring their sparring equipment on these days

"B" Days – Wednesdays, Thursdays, & Saturdays

Students ***are*** required to bring their sparring equipment on these days

Please make sure that students have their sparring equipment on the required days

Required sparring equipment:

White Belts - Chest Guard & Cup (boys)

Yellow/White Stripe Belts - Chest Guard, Cup (boys), & Shin Guards

Yellow Belts - Chest Guard, Cup (boys), Shin Guards, & Gloves

Yellow/Black Stripe Belts - Chest Guard, Cup (boys), Shin Guards, Gloves, & Head Gear

Green/White Stripe Belts - Chest Guard, Cup (boys), Shin Guards, Gloves, Head Gear, & Mouthpiece

Green Belts & Up are required to have all sparring equipment