

VALLEY STREAM CLASS SCHEDULE

\*\* 4 Classes per week Max. \*\*

9/15/16

MONDAY

Young Warriors	(White – Blue/Stripe, 5 - 7yrs.)	4:30 – 5:15
Beginner Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	5:30 – 6:15
Intermediate Young Adults	(Green – Brown, 8-15 yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown/Stripe – Black, 8 - 15yrs.)	7:00 – 7:45
Open Teens & Adults	(All Ranks, 16+ yrs.)	7:45 – 8:45

TUESDAY

Young Warriors	(White – Blue/Stripe, 5 - 7yrs.)	4:30 – 5:15
Beginner Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	5:30 – 6:15
Intermediate Young Adults	(Green – Brown, 8-15 yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown/Stripe – Black, 8 - 15yrs.)	7:00 – 7:45
Open Teens & Adults	(All Ranks, 16+ yrs.)	7:45 – 8:45

WEDNESDAY

Young Warriors	(White – Blue/Stripe, 5 - 7yrs.)	4:30 – 5:15
Beginner Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	5:30 – 6:15
Intermediate Young Adults	(Green – Brown, 8-15 yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown/Stripe – Black, 8 - 15yrs.)	7:00 – 7:45
Open Teens & Adults	(All Ranks, 16+ yrs.)	7:45 – 8:45

THURSDAY

Little Tigers	(White – Yellow, 4 - 5yrs.)	4:00 – 4:30
Young Warriors	(White – Blue/Stripe, 5 - 7yrs.)	4:30 – 5:15
Beginner Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	5:30 – 6:15
Intermediate Young Adults	(Green – Brown, 8-15 yrs.)	6:15 – 7:00
Advanced Young Adults	(Brown/Stripe – Black, 8 - 15yrs.)	7:00 – 7:45
Open Teens & Adults	(All Ranks, 16+ yrs.)	7:45 – 8:45

FRIDAY

Beg. / Int. Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	4:30 – 5:15
Int. / Adv. Young Adults	(Green - Black, 8 - 15yrs.)	5:30 – 6:15
Extra Curricular Classes	(Weapons, Testing, Tai Chi, T.I.)	See dojo postings

SATURDAY

Open Teens & Adults	(All Ranks, 16+ yrs.)	9:00 – 10:00
Young Warriors	(White – Blue/Stripe, 5 - 7yrs.)	10:00 – 10:45
Beginner Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	10:45 – 11:30
Intermediate Young Adults	(Green – Brown, 8 - 15yrs.)	11:30 – 12:15
Advanced Young Adults	(Brown/Stripe - Black, 8 - 15yrs.)	12:15 – 1:00

SUNDAY

Open Teens & Adults	(All Ranks, 16+ yrs.)	12:00 – 1:00
Beg. / Int. Young Adults	(White – Blue/Stripe, 8 - 15yrs.)	1:00 – 1:45
Int. / Adv. Young Adults	(Green - Black, 8 - 15yrs.)	1:45 – 2:30
Young Warriors	(White –Blue/Stripe, 5 - 7yrs.)	2:30 – 3:15

NASSAU

**Farmingdale**  
976 Fulton Street  
516-753-6635

**Franklin Square**  
380 Franklin Avenue  
516-358-1649

**Hicksville**  
26-28 West Village Green  
516-520-5110

**Levittown**  
54 Division Avenue  
516-796-0320

**Valley Stream**  
337 North Central  
516-256-0003

**Wantagh**  
1136 Wantagh Avenue  
516-735-4899

SUFFOLK

**Dix Hills**  
332 East Jericho Tnpk.  
631-351- kempo

**Holbrook**  
390 Furrows Road  
631-585-6111

**Lindenhurst**  
294 East Montauk  
631-321-1386

**Manorville**  
460-6 Country Road 111  
631-395-6876

**Smithtown**  
530 Smithtown Bypass  
631-979-3541