

VALLEY STREAM CLASS SCHEDULE

1/1/19

MONDAY

Young Warriors	(White – Green, 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 – Green, 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 – Green, 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

Young Warriors	(White – Green, 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

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

SATURDAY

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

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 –Green, 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 / Wantagh
54 Division Avenue
516-796-0320

Valley Stream
337 North Central
516-256-0003

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