

Collingwood Martial Arts Centre

Effective Sept 6th , 2005

20 Balsam St Unit # 16 Collingwood ON L9Y 4H7 (705) 444-0240

www.collingwoodmartialarts.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
		Adult Novice GBM 9:30 -10:15	Adult Class BBM/MC 9:30 -10:45			Adult Novice GBM 9:30 -10:15	Adult Class BBM/MC 9:30 -10:45		Cardio Kickboxing Free to All Parents & Members 9:00 - 9:45
						Private Lessons By Appointment 4:30 - 5:00		Little Dragons Age specific 4:30 - 5:00	Little Dragons Age specific 10:00 - 10:30
Little Dragons Age specific 5:00 - 5:30		Phase 2 Intermediate Purple to Red Belt 5:00 - 5:45		Little Dragons Age specific 5:00 - 5:30		Phase 2 Intermediate Purple to Red Belt 5:00 - 5:45		Phase 1 Novice White to Green Belt 5:00 - 5:45	Phase 1 Novice White to Green Belt 10:30 - 11:15
Phase 2 Intermediate Purple to Red Belt 5:30 - 6:15		Phase 1 Novice White to Green Belt 5:45 - 6:30		Phase 2 Intermediate Purple to Red Belt 5:30 - 6:15		Phase 1 Novice White to Green Belt 5:45 - 6:30		Phase 2 BBC 5:45 - 6:30	Phase 2 BBC 11:15 - 12:00
Adult Only Master's Phase 3 & 4 MC 6:15 - 7:15		Master's Class Phase 3 & 4 MC 6:30 - 7:15		Adult Only Master's Phase 3 & 4 MC 6:15 - 7:15		Master's Class Phase 3 & 4 MC 6:30 - 7:15		SWAT/STORM Education 2nd and last Friday of the Month 6:30 - 7:15	
Adult Novice GBM 7:15 - 8:00	Adult Class BBM/MC 7:15 - 8:30	Adult Novice GBM 7:15 - 8:00	Adult Class BBM/MC 7:15 - 8:30	Adult Novice GBM 7:15 - 8:00	Adult Class BBM/MC 7:15 - 8:30	Adult Novice GBM 7:15 - 8:00	Adult Class BBM/MC 7:15 - 8:30	DEMO TEAM / DREAM TEAM 1st and 3rd Friday of the Month 6:30 - 7:15	Belt Ceremony is held every three months date will be posted on the monthly calander.

Directors / Instructor
Continue Education
8:30 - 9:30

Students should be dropped off no earlier than 10 Minutes before their designated class time.
Students must be picked up immediately following class.

3 Month Rotating Curriculum

(GBM) Novice level (white Uniform)
Focus is on poomse practice and basic skills.

(BBC) Intermediate level (Red Uniform)
Focus is on kicking, timing drills and sparring.
Sparring equipment is mandatory.

"Master's Class" Adv. level (Black Uniform)
Weapons training for MC members
Personal weapon and Chest Protector is mandatory

"Dream Team" BBC & up Demo Team Practice (if interested please speak to your Instructor)

Ask About **Private Lessons!**
To help you catch up or to just fine tune.

Belt Advancement

Phase 1
White Basic
Gold Stripe = 3 mths
Gold = 3 mths
Orange = 3 mths
Green = 3 mths
Phase 2
Purple = 3 mths
Blue = 3 mths
Brown = 3 mths
Red = 3 mths
Phase 3
Black Stripe= 6 mths
Prob. Black = 6 mths
Phase 4
Black Belt = 12 mths

It is Extremely Important that you make up all lost Classes

Ask About our Awesome Martial Arts Birthday Parties



Book Yours Today
705-444-0240



Each 90 minute party includes lots of games, board breaking, pizza, juice, plus much more!
Just bring the cake & your camera, then sit back and enjoy... We do all the work!

"A Black Belt is a White Belt... That Never Quit!"