



2019 Winter Schedule (9 weeks)

January 7th to March 9th

<p>Tiny Tigers 4 & 5 years old</p> <table style="width: 100%;"> <tr> <td>Monday</td> <td style="text-align: right;">5:45 – 6:15pm</td> </tr> <tr> <td>Wednesday</td> <td style="text-align: right;">5:45 – 6:15pm</td> </tr> </table>	Monday	5:45 – 6:15pm	Wednesday	5:45 – 6:15pm	<p>Little Dragons 6 & 7 years old</p> <table style="width: 100%;"> <tr> <td>Monday</td> <td style="text-align: right;">6:15 – 7pm</td> </tr> <tr> <td>Wednesday</td> <td style="text-align: right;">6:15 – 7pm</td> </tr> <tr> <td>Saturday (5, 6, 7 year olds)</td> <td style="text-align: right;">9:15 – 10am</td> </tr> </table>	Monday	6:15 – 7pm	Wednesday	6:15 – 7pm	Saturday (5, 6, 7 year olds)	9:15 – 10am	<p>Junior White Belts 8 to 13 years old</p> <table style="width: 100%;"> <tr> <td>Tuesday</td> <td style="text-align: right;">6 – 7pm</td> </tr> <tr> <td>Thursday</td> <td style="text-align: right;">6 – 7pm</td> </tr> <tr> <td>Saturday</td> <td style="text-align: right;">10 – 11am</td> </tr> </table>	Tuesday	6 – 7pm	Thursday	6 – 7pm	Saturday	10 – 11am
Monday	5:45 – 6:15pm																	
Wednesday	5:45 – 6:15pm																	
Monday	6:15 – 7pm																	
Wednesday	6:15 – 7pm																	
Saturday (5, 6, 7 year olds)	9:15 – 10am																	
Tuesday	6 – 7pm																	
Thursday	6 – 7pm																	
Saturday	10 – 11am																	
<p>Junior Yellow Belts 8 to 13 years old</p> <table style="width: 100%;"> <tr> <td>Monday</td> <td style="text-align: right;">7 – 8pm</td> </tr> <tr> <td>Wednesday</td> <td style="text-align: right;">7 – 8pm</td> </tr> <tr> <td>Saturday</td> <td style="text-align: right;">10 – 11am</td> </tr> </table>	Monday	7 – 8pm	Wednesday	7 – 8pm	Saturday	10 – 11am	<p>Junior Blue & Red Belts 8 to 13 years old</p> <table style="width: 100%;"> <tr> <td>Tuesday</td> <td style="text-align: right;">7 – 8pm</td> </tr> <tr> <td>Thursday</td> <td style="text-align: right;">7 – 8pm</td> </tr> </table>	Tuesday	7 – 8pm	Thursday	7 – 8pm	<p>Adults & Teens 14 years old and up</p> <table style="width: 100%;"> <tr> <td>Monday</td> <td style="text-align: right;">8 – 9pm</td> </tr> <tr> <td>Tuesday (18+)</td> <td style="text-align: right;">8 – 9pm</td> </tr> <tr> <td>Wednesday</td> <td style="text-align: right;">8 – 9pm</td> </tr> </table>	Monday	8 – 9pm	Tuesday (18+)	8 – 9pm	Wednesday	8 – 9pm
Monday	7 – 8pm																	
Wednesday	7 – 8pm																	
Saturday	10 – 11am																	
Tuesday	7 – 8pm																	
Thursday	7 – 8pm																	
Monday	8 – 9pm																	
Tuesday (18+)	8 – 9pm																	
Wednesday	8 – 9pm																	
<p>Black Belts Invitation Only</p> <table style="width: 100%;"> <tr> <td>Thursday</td> <td style="text-align: right;">8 – 9pm</td> </tr> </table>	Thursday	8 – 9pm	<p>Competition Sparring & Tournament Prep.</p> <table style="width: 100%;"> <tr> <td>Friday</td> <td style="text-align: right;">5:45 – 6:45pm</td> </tr> <tr> <td colspan="2">White & Yellow Belts</td> </tr> <tr> <td>Friday</td> <td style="text-align: right;">6:45 – 7:45pm</td> </tr> <tr> <td colspan="2">Blue Belts and up</td> </tr> </table>	Friday	5:45 – 6:45pm	White & Yellow Belts		Friday	6:45 – 7:45pm	Blue Belts and up		<p>XMA (Extreme Martial Arts) Gymnastics and Martial Arts combined. Learn flips, high flying kicks and more.</p> <table style="width: 100%;"> <tr> <td>Friday</td> <td style="text-align: right;">7:45 – 9:15 pm</td> </tr> </table>	Friday	7:45 – 9:15 pm				
Thursday	8 – 9pm																	
Friday	5:45 – 6:45pm																	
White & Yellow Belts																		
Friday	6:45 – 7:45pm																	
Blue Belts and up																		
Friday	7:45 – 9:15 pm																	

- A registration form must be filled out for all students, even when trying out a class.
- Please wear loose pants and a t-shirt for your first class.
- Uniforms, sparring gear, and equipment can be purchased from your instructors.
- For pricing information, please ask for a registration form available at the front desk or contact us.
- Visit our website, valleykmac.ca for more information about our classes, terminology and curriculum.