

TERM 1 TIMETABLE 2009

MONDAY	5:00–5:30pm	KARATE KIDZ BEGINNER
	5:30–6:00pm	KARATE KIDZ INTERMEDIATE
	6:15–7:00pm	KICKS 4 KIDZ
	7:15–8:15pm	SENIOR KARATE
	8:30–9:30pm	BOXING
TUESDAY	5:00–5:30pm	KARATE KIDZ BEGINNER
	5:30–6:00pm	KARATE KIDZ INTERMEDIATE
	6:15–7:00pm	KICKS 4 KIDZ
	7:15–9:00pm	SENIOR KARATE
FRIDAY*	5:00–6:00pm	KARATE KIDZ COMP & DEMO TEAM
	6:15–9:00pm	MONTHLY SQUAD (BY INVITE)
SAT/SUN	Morning	PERSONAL TUITION
Fitness & Conditioning/Personal Training available by appointment		

NEW CLASS!!! WEDNESDAYS 5:00-5:30pm – KARATE KIDZ BEGINNER

Pennant Hills Community Centre, Cnr. Yarrara & Ramsay Road, Pennant Hills

NEW
VENUE

CLASSES OUTLINE

KARATE KIDZ BEGINNER

Beginner karate for children aged 5-10 years (white belt to yellow/white stripe belt)

KARATE KIDZ INTERMEDIATE

Intermediate karate for children aged 5-10 years (full yellow belt and above)

KICKS 4 KIDZ

Karate for children aged 10-15 years (beginner & intermediate)

KARATE KIDZ COMP & DEMO TEAM

Competition & demonstration preparation for children aged 5-10 years (sparring equipment compulsory)

SENIOR KARATE

Karate for all grades aged 15+ years

BOXING

Boxing fitness and conditioning for beginners & intermediate aged 15+ years

MONTHLY SQUAD

Advanced training focussing on preparation for competition and high level grading examinations

PERSONAL TUITION

Private karate lessons available by appointment with Ray Morcomb – 0408 220 880



ADMINISTRATION

Please contact Raymond Morcomb 0408 220 880,
ray@ndkarate.com, www.ndkarate.com

VENUE (DOJO)

Thornleigh Community Centre
Corner Central & Phyllis Aves, Thornleigh

* Subject to hall availability (may be cancelled; students will receive e-mail or text message regarding cancellation of class).