



Georgetown Martial Arts Center

Weekly Class Schedule – Fall 2010
 9 Ethan Allen Hwy. Ridgefield, Ct 06877
 (203) 544-6055

www.georgetownmartialarts.com

Bill Hackett, Chief Instructor,
 5th degree Kempo Black Belt,
 4th degree Kung Fu Black Belt,
 Certified Personal Defense
 Readiness Coach

Brian Hanson,
 9th degree Kempo Master,
 Test Administrator

Rich Dandanell,
 Tai Chi Master, 2nd degree
 Kempo Black Belt,
 1st degree Kung Fu Black Belt

Phyllis Wasko,
 2nd degree Kempo Black Belt,
 1st degree Kung Fu Black Belt
 Certified Personal Defense
 Readiness Coach

Call or visit us today and receive a free trial class!

Mon	Tue	Wed	Thu	Fri	Sat
<u>10:00-11:00AM</u> Cardio kickboxing	<u>2:00-2:45 PM</u> Tiger Kempo	<u>10:00-11:00AM</u> Cardio kickboxing	<u>2:00-2:45 PM</u> Tiger Kempo	<u>1:00-2:00 PM</u> Tai Chi	<u>9:00-9:45 AM</u> Tiger/Leopard Kempo
<u>12:00-1:00 PM</u> Tai Chi	<u>3:00-4:30 PM</u> Private Lessons	<u>2:00-4:30 PM</u> Private Lessons	<u>3:00-4:30 PM</u> Private Lessons	<u>2:00-3:00 PM</u> Open class	<u>9:00-10:00 AM</u> Young Adult/ Adult Kempo
<u>4:30-5:15 PM</u> Tiger/Leopard Kempo (All Ranks)	<u>4:30-5:15 PM</u> Leopard Kempo (All Ranks)	<u>4:45-5:30PM</u> Tiger/Leopard Kempo (All Ranks)	<u>4:30-5:15 PM</u> Leopard Kempo (All Ranks)	<u>3:00-4:30 PM</u> Private Lessons	<u>10:00-10:45AM</u> Preteen Kempo
<u>5:30-6:30 PM</u> Preteen Kempo (All Ranks)	<u>5:30-6:30 PM</u> Preteen Kempo (All Ranks)			<u>4:30-5:30 PM</u> Preteen Kempo (All Ranks)	Young Adult Kempo
<u>7:00-8:00 PM</u> Tai Chi	<u>7:00-8:00 PM</u> Young Adult Kempo	<u>5:30-6:30 PM</u> Preteen Kempo (All Ranks)	<u>5:30-6:30PM</u> Preteen Kempo (All Ranks)		<u>11:00 -11:45</u> Kung Fu for Kids
Adult and Kids Kung Fu	Adult Kempo	<u>6:45-7:30 PM</u> Kung Fu for Kids	Tai Chi		Adult Kempo
		<u>7:00-8:00 PM</u> Open class time	<u>7:00-8:00 PM</u> Young Adult Kempo		<u>12:00-1:00 PM</u> Adult Kung Fu
			Adult Kempo		Tai Chi

Kempo

Hard style martial art focusing on the development of self-defense techniques and strategies for children and adults; youth program emphasizes three school rules: respect, self-discipline, and self-control *Benefits: Sharpens mental focus; improves reaction skills; increases self-confidence; reduces stress*

Shaolin Kung Fu

Chinese martial art providing whole-body workout; program emphasizes the practice of long series of movements, called forms, to develop mind-body coordination *Benefits: Reduces stress; sharpens mental focus; promotes health and endurance*

Tai Chi

Soft style martial art focusing on healing meditation, relaxation, and exercises to improve general health and balance *Benefits: Promotes inner peace and health; improves body alignment and balance; tones muscle*

Tigers Leopards Preteens Young Adults Adults
 (ages 3-5) (ages 5-6) (ages 7-10) (ages 11-15) (16& up)
 Tigers, Leopards, Young Adult and Adult classes are open to students of all levels, except where noted on the schedule. Preteen classes are determined by belt rank, as listed.

New Students: Please call ahead to register for classes as the schedule may change from time to time.

Please ask our instructors about Saturday Birthday Parties!