



# Waratah Schedule 2019

From **Monday 12<sup>th</sup> August** Phone: 49677511

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| <b>Monday</b>                |   |
|------------------------------|---|
| 4.00 – 4.30pm                | Kindymites                              |
| 4.30 – 5.15pm                | Dynamites All Levels                    |
| 5.15 – 6.00pm                | Xtreme                                  |
| 6.00 – 6.45pm                | Dragons All Levels                      |
| 6.45 – 7.30pm                | Leadership                              |
| 7.30 – 8.15pm                | Adults                                  |
| <b>Tuesday</b>               |   |
| 3.30 – 4.00pm                | Minimites                               |
| 4.00 – 4.30pm                | Kindymites                              |
| 4.30 – 5.15pm                | Dynamites All Levels                    |
| 5.15 – 6.00pm                | Mat Rats                                |
| 6.00 – 6.45pm                | Dragons All Levels                      |
| 6.45 – 7.30pm                | Black Belt Prep                         |
| 7.30 – 8.15pm                | Adults                                  |
| <b>Wednesday</b>             |   |
| 4.00 – 4.30pm                | Kindymites                              |
| 4.30 – 5.15pm                | Dynamites All Levels                    |
| 5.15 – 6.00pm                | Junior Kobudo (Dynamites and Dragons)   |
| 6.00 – 6.45pm                | Dragons All Levels                      |
| 6.45 – 7.30pm                | Adult Kobudo                            |
| 7.30 – 8.15pm                | Adults                                  |
| <b>Thursday</b>              |   |
| 10.30 -11.15am               | Adults                                  |
| 3.30 – 4.00pm                | Minimites                               |
| 4.00 - 4.30pm                | Kindymites                              |
| 4.30 – 5.15pm                | Dynamites All Levels                    |
| 5.15 – 6.00pm                | Black Belt Prep                         |
| 6.00 – 6.45pm                | Dragons All Levels                      |
| 6.45 – 7.30pm                | Kumite                                  |
| 7.30 – 8.15pm                | Adults                                  |
| <b>Saturday – Family Day</b> |   |
| 9.00 – 9.30am                | Minimites                               |
| 9.30 – 10.00am               | Kindymites                              |
| 10.00 – 10.45am              | Beginner Dynamites, Dragons, Adults     |
| 10.45 – 11.30am              | Intermediate Dynamites, Dragons, Adults |
| 11.30 – 12.15am              | Advanced Dynamites, Dragons, Adults     |



Minimite Age 3-4



Kindymite Age 5-6,



Dynamite Age 7-9,



Dragon Age 10-14

## Dojo Etiquette:

- Remove all Jewellery and shoes before training
- Do not take any food onto the mat
- Bring water and your Kumite gear to class
- Always respect your instructors and class mates
- Refer to all black belts as Sensei
- Supervise your children at all times
- Please keep the dojo and bathrooms tidy
- Have a great time in class!