



# Waratah Schedule 2019

From **Monday 28<sup>th</sup> October** Phone: 49677511

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| Monday                |  |
|-----------------------|--|
| 4.00 – 4.30pm         | Kindymites                             |
| 4.30 – 5.15pm         | Dynamites                              |
| 5.15 – 6.00pm         | Xtreme                                 |
| 6.00 – 6.45pm         | Dragons                                |
| 6.45 – 7.30pm         | Leadership                             |
| 7.30 – 8.15pm         | Adults                                 |
| Tuesday               |  |
| 3.30 – 4.00pm         | Minimites                              |
| 4.00 – 4.30pm         | Kindymites                             |
| 4.30 – 5.15pm         | Dynamites                              |
| 5.15 – 6.00pm         | Mat Rats                               |
| 6.00 – 6.45pm         | Dragons                                |
| 6.45 – 7.30pm         | Black Belt Prep                        |
| 7.30 – 8.15pm         | Adults                                 |
| Wednesday             |  |
| 4.00 – 4.30pm         | Kindymites                             |
| 4.30 – 5.15pm         | Dynamites                              |
| 5.15 – 6.00pm         | Junior Kobudo                          |
| 6.00 – 6.45pm         | Dragons                                |
| 6.45 – 7.30pm         | Adult Kobudo                           |
| 7.30 – 8.15pm         | Adults                                 |
| Thursday              |  |
| 10.30 -11.15am        | Adults                                 |
| 3.30 – 4.00pm         | Minimites                              |
| 4.00 - 4.30pm         | Kindymites                             |
| 4.30 – 5.15pm         | Dynamites                              |
| 5.15 – 6.00pm         | Black Belt Prep                        |
| 6.00 – 6.45pm         | Dragons                                |
| 6.45 – 7.30pm         | Kumite                                 |
| 7.30 – 8.15pm         | Adults                                 |
| Saturday – Family Day |  |
| 9.00 – 9.30am         | Minimites                              |
| 9.30 – 10.00am        | Kindymites                             |
| 10.00 – 10.45am       | Dynamites All Levels                   |
| 10.45 – 11.30am       | Dragons/Adults Kata Class All Levels   |
| 11.30 – 12.15am       | Dragons/Adults Bunkai Class All Levels |



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!