

Sunshine Coast Karate - Training Schedule

(Effective from 4 September 2017)

Maroochydore - Honbu Dojo

2/14 Depot St (Cnr Progress Rd), Maroochydore

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Web: www.SunshineCoastKarate.com.au

	Mon	Tue	Wed	Thur	Fri	Sat
6:00 – 7:00am		Teens/Adults		Teens/Adults		
8:45 – 9:25am						LC
9:30 – 10:25am		Teens/Adults		Teens/Adults		Kids
10:30 – 11:30am				U3A O/50's		Teens/Adults
3:45 – 4:25pm	LC	LC	LC	LC	LC + LC Squad	
4:30 – 5:25pm	Kids	Kids	Kids	Kids	Kids	
5:30 – 6:10pm	Kids (Ext)	Kids (Ext)	Kids (Ext)	LC	Kids (Ext)	Jr Squad 5:30 – 6:40pm
6:15 – 8:00pm	Teen/Adult	Teen/Adult	Teen/Adult	Teen/Adult		Sr Squad 6:45 – 8:00pm

Class Types Explained

LC	Little Champions 4-7 Yrs, All levels	This class is open to all young children (4-7 years). Parents who are members are welcome to train with their own children in this class.
Kids	Karate Kids 8-15 Yrs, All levels	This class is open to all children and young teens (8-15 years). Students of all levels are encouraged to train, often the class is split into groups by level. Parents who are members are welcome to train with their own children in this class.
Kids (Ext)	Karate Kids (Extension) 8-15 Yrs, Green-Black Belt	This class is an extension of the kids class immediately prior and open to intermediate and advanced children and young teens (8-15 years, green belt – black belt). This class will mostly focus on more advanced curriculum content for belt advancement. Parents who are members are welcome to train with their own children in this class.
Teen/Adult	Teens & Adults All levels	These classes are for teen and adult students of all levels.
U3A O/50's	Over 50's Class Course offered via U3A	This class is only open to members of the U3A Sunshine Coast. For more information about the U3A, visit their website: http://u3asunshine.org.au/www/
LC Squad	Little Champions Tournament Squad 4-7 yrs, by invitation	Participation in squad classes is by invitation or application only. This class should not be used as a replacement for your basic training class, but an addition. If you are interested in competing in tournaments you should do this class. All participants must have their own personal protective equipment: gloves, mouth guard, shin/instep protectors, groin guard (male)
Jr Squad	Junior Tournament Squad 8-15 yrs, by invitation	
Sr Squad	Senior Tournament Squad Teens/adults by invitation	