

Sunshine Coast Karate - Training Schedule

(Effective from 8 January 2018)

Maroochydore - Honbu Dojo

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

Ph (Martin): 0435 255 323

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)	Participation in squad classes is by request only. If you are interested in joining the tournament squad class, please speak to instructors.. 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)	
Sr Squad	Senior Tournament Squad Teens/Adults	
		Please note – There will be no squad training during the off-season; after final tournament of the year until end of January. A new squad will be formed February each year.

On **PUBLIC HOLIDAYS** the dojo will be closed and there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.

If you miss class for any reason, please notify dojo staff as soon as possible and book a **MAKE UP LESSON**, in advance if possible.
Text message: 0435 255 323 Email: martin@karate4life.com.au Facebook message: [facebook.com/SunshineCoastKarate](https://www.facebook.com/SunshineCoastKarate)