

DP MARTIAL ARTS ACADEMY
 TEL: (201) 664-5260
 EMAIL: info@dpmartialarts.net
 www.dpmartialarts.net

(WESTWOOD)
 2013 FALL-WINTER SCHEDULE
SEPT.1-DEC.31, 2013

SCHOOL CLOSED:
Nov.28
Dec.23-Jan.1

PROGRAM NAME	AGES	MON	TUES	WED	THURS	FRI	SAT
PROGRAMS FOR CHILDREN & TEENS							
LIL' DRAGONS	Ages 5-6			4:00-4:30 pm			11:00-11:30 pm
MIGHTY MITES	Ages 6-7	4:00-4:30 pm		4:45-5:15 pm		4:00-4:30 pm	
CHILD BEGINNERS (wht, yel, org)	Ages 7-11	4:45-5:25 pm	5:15-5:55 pm		5:15-5:55 pm	4:45-5:25 pm	11:40-12:20 pm
CHILD INTERMEDIATE (grn, blu, purp, red)	Ages 7-11	5:40-6:20 pm	6:10-6:50 pm		6:10-6:50 pm	5:40-6:20 pm	10:00-10:40 am
CHILD ADVANCED (hi-red, bwn, Blk)	Ages 7-11	5:40-6:20 pm	4:30-5:10 pm		4:30-5:10 pm	5:40-6:20 pm	10:00-10:40 am
JUNIORS (all belts)	Ages 12-15		7:00-7:40 pm	7:00-7:40 pm	7:00-7:40 pm		
ADD-ON PROGRAMS							
BLACK BELT CLUB (BBC) (By Invitation Only)	Members Only			5:30-6:30 pm			(w/permission only) 9:00-9:45 am
MASTERS CLUB (MC) (By Invitation Only)	Members Only			5:30-6:30 pm			9:00-9:45 am
PROGRAMS FOR ADULTS							
ADULT TAEKWONDO, KRAV MAGA & FITNESS KICKBOXING	Ages 16-up	8:00-9:00 pm (TKD/Kickbox)	7:00-8:00 pm (KRAV)	8:00-9:00 pm (TKD/Kickbox)	7:00-8:00 pm (KRAV)		10:00-10:45 am (CORE-KICKBOX)
MIXED MARTIAL ARTS (MMA Muay Thai, No-Gi Submission Grappling)	Ages 16-up	6:45-8:00 pm		7:00-8:00 pm		Level II (t.b.a.)	(Fri/Sat/Sun) LEVEL II (tba)
MUAY THAI & BOXING	Ages 16-up			7:00-8:00 pm			
BRAZILLIAN JIUJITSU	Ages 16-up		8:00-9:15 pm (GI)		8:00-9:15 pm (GI)		BJJ OPEN MAT 12:30-1:30 pm (TBA) GI/NO-GI
KUMDO (SWORD)	Black Belt or Adult			9:00-9:45 pm			8:15-9:00 am

POLICIES: 1) Be 10 min EARLY for your class! 2) Pls keep your regular class schedule for your own good, and to control class sizes. Designated Makeup day is Sat. Any other day requires prior approval. 3) Keep uniforms CLEAN!



FOR ALL NEWS AND EVENTS LIKE US ON FACEBOOK: "DP MARTIAL ARTS ACADEMY"