



4980 Kipling St. Unit A1 • Wheat Ridge, CO • 80033

303-279-7795 • www.actionfamilyata.com

LIFE SKILLS
LEADERSHIP TRAINING

Schedule Effective August 22nd, 2011

Monday	Tuesday	Wednesday	Thursday
5:00 - 5:45 White - Blue	5:00 - 5:30 Tiny Tigers	5:00-5:45 White - Blue	5:00 - 5:30 Tiny Tigers
5:45 - 6:15 Leadership	5:30 - 6:15 Brown - Black	5:45 - 6:15 Tiny Tigers	5:30 - 6:15 Brown - Black
6:15 - 7:00 Brown - Black	6:15 - 6:45 Karate Kid (Sparring)	6:15 - 7:00 Brown - Black	6:15 - 7:00 White - Blue
7:00 - 7:45 Teen/Adult	6:45 - 7:30 White - Blue	7:00 - 7:30 Black Belt Club	7:00 - 8:00 Teen/Adult (Sparring/Drills)
	7:30 - 8:15 Teen/Adult	7:30 - 8:15 Teen/ Adult	

Black Belt Club: Black Belt and Leadership Club Members only.

Leadership: Leadership Club Members only.

Tigers - 3 - 5 year olds.

Karate Kids -6-12 year olds.

Teen/Adult - 13 years old and up.

Certified Instructors

Jeff Pederson, 4th Degree Black Belt
Katie Pederson, 3rd Degree Black Belt
Lindsay Pederson, 3rd Degree Black Belt
John Williams, 2nd Degree Black Belt



Member Only Information

- **Uniforms:** You may wear Taekwondo pants and an ATA T-shirt on T-shirt Days only (shaded areas). Unless otherwise noted, FULL Uniforms are required.
- **Classes:** Please attend only your assigned classes for your age/belt rank. Red & Black Belts may attend lower rank classes to re-learn forms.
- Please **arrive 5 minutes before** your class begins.

Check out our member resource page at www.actionfamilyata.com

Creating Tomorrow's LEADERS...one BLACK BELT at a time!