






710 Golden Ridge Rd. #124 • Golden • CO • 80401
303-279-7795 • www.actionfamilyata.com

LIFE SKILLS LEADERSHIP TRAINING

Schedule Effective August 22nd, 2011

Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
4:00 - 4:45 Camo - Rec. Black		4:00 - 4:30 Tiny Tigers	4:00 - 4:45 Camo - Rec. Black		4:00 - 4:30 Tiny Tigers	4:15 - 5:00 Team X Out	8:45 - 9:30 Competition Class
4:45 - 5:15 Sparring	5:00 - 5:15 TT Sparring	4:30 - 5:00 White - Yellow	4:45 - 5:15 Black Belt Club	5:00 - 5:15 TT Black Belt Club	4:30 - 5:00 White - Yellow	5:00 - 5:45 DEMO Team	9:30 - 10:00 ATAFIT All Ages & Ranks
5:15 - 5:45 Tiny Tigers		5:00 - 5:45 Brown - Black	5:15 - 5:45 Tiny Tigers		5:00 - 5:45 Brown - Black	5:45 - 6:30  Flips and Tricks	10:00 - 10:45 Color Belts
5:45 - 6:30 Black Belts		5:45 - 6:30 	5:45 - 6:30 Black Belts		5:45 - 6:30 Leadership	6:30 - 7:30 Sparring	10:45 - 11:45 
6:30 - 7:00 White - Yellow		6:30 - 7:15 Camo - Blue	6:30 - 7:00 White - Yellow		6:30 - 7:15 Camo - Blue CIT/ STAFF		11:45 - 12:30 Black Belts
7:00 - 7:45 Camo - Rec. Black		7:15 - 8:00 Black Belts	7:00 - 7:30 Black Belt Club		7:15 - 8:00 Black Belts	<p>Certified Instructors <i>Jeff Pederson</i>, 4th Degree Black Belt <i>Katie Pederson</i>, 3rd Degree Black Belt <i>Lindsay Pederson</i>, 3rd Degree Black Belt</p> <p>Instructors <i>Riley Pederson</i>, 3rd Degree Black Belt <i>Sarah Allen</i>, 3rd Degree Black Belt <i>Bree Zeigler</i>, 2nd Degree Black Belt <i>Sabrina Rubio</i>, 2nd Degree Black Belt <i>Danny Prior</i>, 2nd Degree Black Belt <i>Julie Sueker</i>, 2nd Degree Black Belt <i>Nancy Rubio</i>, 2nd Degree Black Belt</p>	
7:45 - 8:30 Teen/Adult		8:00 - 8:45 Cage Fitness	7:30 - 8:15 Camo - Rec. Black		8:00 - 8:45 Cage Fitness		
			8:15 - 8:45 Cage Fitness				



Member Only Information

- **Uniforms:** You may wear Taekwondo pants and an ATA T-shirt on T-shirt Days only (shaded areas). ATA Xtreme Uniform may be worn on ATA Xtreme days only. 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.

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

Leadership: Leadership PRO Members only.

ATA Xtreme: Leadership PRO Members only.

Tigers - 3 - 5 year olds.

Karate Kids - 6-12 year olds.

Teen & Adult - 13 year olds and up.

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

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