





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

LIFE SKILLS
LEADERSHIP TRAINING

Schedule Effective March 7th 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:45 Orange - Blue	4:00 - 4:30 Tiny Tigers	4:00-4:45 Orange - Blue	4:00 - 4:30 Tiny Tigers	4:15 - 5:00 Team X Out	8:30 - 9:15 Competition Class
4:45 - 5:15 Black Belt Club (Weapons/Sparring)	4:30 - 5:15 Brown - Black	4:45 - 5:15 White	4:30 - 5:15 Brown - Black	5:00 - 5:45 DEMO Team	9:15 - 10:00 ATAFIT All Ages & Ranks
5:15 - 5:45 Tiny Tigers	5:15 - 6:00 	5:15 - 5:45 Tiny Tigers	5:15 - 6:00 Leadership	5:45 - 6:30  Flips and Tricks	10:00 - 10:45 Color Belts
5:45 - 6:15 White	6:00 - 6:45 Orange - Blue	5:45 - 6:30 Black Belt Club (Weapons/Sparring)	6:00 - 6:45 Orange - Blue Instructor Training	6:30 - 7:30 Sparring	10:45 - 11:45 
6:15 - 7:00 Black Belts	6:45 - 7:15 White	6:30 - 7:15 Purple - Rec. Black	6:45 - 7:15 White		11:45 - 12:30 Black Belts
7:15 - 8:00 Purple - Rec. Black	7:15 - 8:00 Black Belts	7:15 - 8:00 Black Belts	7:15 - 8:00 Black Belts		
	8:00 - 8:40 Cage Fitness All Ages & Ranks	8:00 - 8:40 Cage Fitness All Ages & Ranks	8:00 - 8:40 Cage Fitness All Ages & Ranks		

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.

Certified Instructors

Jeff Pederson, 4th Degree Black Belt

Katie Pederson, 3rd Degree Black Belt

Lindsay Pederson, 3rd Degree Black Belt

Instructors

Riley Pederson, 3rd Degree Black Belt

Sarah Allen, 3rd Degree Black Belt

Bree Zeigler, 2nd Degree Black Belt

Julie Sueker, 2nd Degree Black Belt

Nancy Rubio, 2nd Degree Black Belt

Sabrina Rubio, 1st Degree Black Belt

Danny Prior, 1st Degree Black Belt

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.