



Creating Tomorrows **LEADERS...one BLACK BELT** at a time.

4980 Kipling St. Unit A1 • Wheat Ridge, CO • 80401

303-279-7795 • www.actionfamilyata.com

Schedule Effective March 7th 2011

Monday	Tuesday	Wednesday	Thursday	Friday
5:00-5:30 White	4:45-5:15 Tiny Tigers	5:00-5:30 White	4:45-5:15 Tiny Tigers	5:30-6:00 Tiny Tigers
5:45-6:30 Orange-Blue	5:15-6:00 Brown-Black	5:45-6:30 Orange-Blue	5:15-6:00 Brown-Black	6:00-6:45 Ages 6 & Up All Ranks
6:30-7:00 Leadership	6:00-6:30 Karate Kid (Sparring)	6:30-7:00 Black Belt Club	6:00-6:30 White	
7:00-7:45 Brown- Black	6:30-7:15 Orange-Blue	7:00-7:45 Brown- Black	6:45-7:15 Orange-Blue	
7:45-8:30 Teen/Adult	7:15-7:45 White	7:45-8:30 Teen/Adult	7:15-8:00 Teen/Adult (Sparring)	
	8:00-8:45 Teen/Adult			

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

Leadership: Leadership Club Members only.

ATA Xtreme: 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.