

CLASS FORMAT & SPARRING CALENDAR

OCTOBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
1 S	2 B	3 C	4 D	5 S	6 X
8 X	9 S	10 D	11 A	12 B	13 C/ET
15 C	16 D	17 S	18 B	19 C	20 D
22 A	23 B	24 C	25 S	26 X-PT	27 X-HP
29 B	30 C	31 D	Halloween Party October 27.		

NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1 A	2 B	3 C
5 S	6 D	7 A	8 B	9 C	10 X
12 D	13 S	14 B	15 C	16 D	17 A
19 A	20 B	21 S	22 D	23 A	24 B/ET
26 B	27 C	28 D	29 S	30 X-PT	

DECEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
					1 X-PT
3 S	4 S	5 C	6 D	7 A	8 B
10 B	11 C	12 S	13 S	14 B	15 C
17 D	18 D	19 D	20 D	21 X-PT	22 X
24/31 X	25 X	26 X	27 X	28 X	29 X

A = Fundamentals / Poomsae **B** = Kicking / Kick-boxing / Breaking **C** = Mat Work / Self-defense **D** = Instructor's Choice / Test Prep

S = SPARRING NIGHT **X** = CLOSED **X-PT** = CLOSED-PROMOTION TEST **ET/ABT** = Edmonton / Alberta Tournament

PLEASE NOTE... PARENTS & STUDENTS!

- Class schedule may change without notice to accommodate student's needs as deemed necessary by Instructors! Please visit www.pmaa.ca for all official events, class cancellations and schedules!
- Do not be late for class! Parents / Students must phone PMAA at 780-544-9931 if going to be late (within reason).
- ALL STUDENTS are required to bring safety equipment (sparring gear) on ALL "S" Nights for class participation. Students will not be permitted to participate if safety equipment is not readily accessible! This will be strictly enforced!

Safety Equipment Checklist

- Head Gear Chest Protector Fist & Forearm Guards Shin & Instep Guards Groin Guard
- *Mouth Guard (**Must be fitted / molded properly... see insert in case for molding directions. Students with braces should discuss best options with your Dentist.*)