



PRECISION MARTIAL ARTS ACADEMY


Unit 105, 15 Circle Drive, St. Albert, Alberta, Canada, T8N-3Y7
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Fitness • Lifestyle • Self-defense • Sport



CLASS SCHEDULE

(Effective September 3rd, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	*SATURDAY
4:45 - 5:40 p.m. CHILDREN (1) White to Blue Stripe	4:45 - 5:25 p.m. LIL' PANTHERS (Ages 3.5-5 years)	4:45 - 5:40 p.m. CHILDREN (1) White to Blue Stripe	4:45 - 5:25 p.m. LIL' PANTHERS (Ages 3.5-5 years)	5:00 - 5:55 p.m. CHILDREN White to Blue Stripe	*Bonus Class... when scheduled! <i>Please refer to PMAA's website & Class Format/ Event Calendar!</i>
5:45 - 6:40 p.m. CHILDREN AD (1) Blue to JBB	5:30 - 6:25 p.m. CHILDREN (2) White to Blue Stripe	5:45 - 6:40 p.m. CHILDREN AD (1) Blue to JBB	5:30 - 6:25 p.m. CHILDREN (2) White to Blue Stripe	6:00 - 6:55 p.m. CHILDREN AD Blue to JBB	10:00 - 10:55 a.m. CHILDREN OPEN
6:45 - 7:45 p.m. JR / AD / BB OPEN	6:30 - 7:25 p.m. CHILDREN AD (2) Blue to JBB	6:45-7:45 p.m. 	6:30 - 7:25 p.m. CHILDREN AD (2) Blue to JBB	7:00 - 8:00 p.m. JR / AD / BB OPEN	11:00 - 12:00 p.m. JR / AD / JBB / BB OPEN
7:45 - 9:00 p.m. Private Lessons w/Master Sadler By Appointment Only!	7:30 - 8:30 p.m. JR / AD / BB OPEN	7:45 - 8:45 p.m. BLACK BELT (All Poom / Dan)	7:30 - 8:30 p.m. JR / AD / BB OPEN	<i>PMAA will be closed for scheduled promotion tests, hosting workshops, special events and all Statutory Holidays. Please refer to website for monthly updates, news and events.</i>	

Please flip over and read reverse side for class schedule notes and clarifications!



LASS DESIGNATION

LIL' PANTHERS - Active Start / Ages 3.5 to 5 years

CHILDREN - Ages 6 to 12

JR - Junior (Ages 13 to 15 - Master Sadler's Discretion)

AD - Adult (Ages 16+)

JBB - Junior Black Belts (1st to 3rd Poom)

BB - Black Belts (1st to 6th Dan)

BELT RANK FOR CLASS DESIGNATION

B - Beginners (White Belt to Blue Stripe)

I/A – Intermediate/Advanced (Blue Belt to Junior Black Belt)

O - Open Class (All Belt Levels)

STAY CONNECTED & INFORMED!



PMAA SCHEDULE

- PMAA reserves the right to change class schedules / formats as required to accommodate student' needs and to provide the BEST and most efficient, safe and progressive training possible. October / January / June are dates this may occur.
- Students may be transferred or placed in higher / older aged classes **at Master Sadler's sole discretion** to BEST serve their individual needs, goals and progression.
- Beginner Students are allowed to attend no more than **3** classes per week.
- ALL Students must arrive early and be prepared for training. **Students will be dismissed if arriving late!** Please phone PMAA's office at **(780) 544-9931** if going to be late within reason and we will permit Students to participate.
- On Scheduled **"S" (SPARRING NIGHTS)**, ALL Students must arrive early and bring their Safety Equipment to change into and be ready for training. **All Students must have his/her own Safety Equipment within 3 months of Membership at PMAA for participation.**

PMAA CLOSURES

- **PMAA WILL BE CLOSED DURING ALL HOLIDAYS.** As such, Saturday and Monday classes will be cancelled during these times!
- Promotion Tests will be held the last Friday or Saturday of each month. As such, PMAA will be closed during these events!
- Saturday classes will be cancelled for periodic promotion tests, Black Belt promotion tests, professional development/Taekwondo workshops, seminars and for periodic social events (Halloween / Christmas Potluck Parties). Students and Parents are responsible to ensure they keep up-to-date on PMAA scheduled events.

PMAA PROMOTION TESTS

- Promotion Tests are held at the end of each month, based on Master Sadler's Annual Planning Calendar - Coaching / Workshops / Seminars / Travel / Events. Eligible students will be personally invited by Master Sadler or Instructors to attend the scheduled promotion test. Students are not allowed to ask when they can test! A positive attitude, effort, consistency, respect, technical proficiency at each belt level and being confident are all key components of being invited to test. Being promoted is a privilege, which is earned by hard work and self-discipline, at home, school, and through one's actions and conduct.