

Aikido Kids! Schedule – July/August 2009

Last Updated 4/20/2009

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Yoga Class 9:00 to 10:30 425-766-5246			Yoga Class 9:00 to 10:30 425-766-5246		All Ages Beginner	No Classes, Office Closed
10:00 am						All Ages Intermediate	
11:00 am		<u>AGE GROUPS:</u> Preschool 4-6 yrs old AKids Elementary (K to 6) Teen 12-18 yrs old <u>SKILL LEVELS:</u> Beginner White Belt and up Intermediate Yellow Belt and up Advanced Blue Belt and up Open all skill levels welcome				11:00 – 12:15* All Ages Intermediate + Teen Open <small>* weapons: last 20 min Instructors permission required</small>	
4:00 pm	No Aikido Classes on Mondays	All Ages Beginner	Intermediate + Teen Open	All Ages Beginner	Intermediate + Teen Open		
5:00 pm		All Ages Open	All Ages Beginner	All Ages Open	All Ages Intermediate+		
6:00 pm			All Ages Open		All Ages Open		
7:00 pm	Office Hours: We are available by phone @ 206 605 3068 8:00 am to 9:00 pm weekdays <i>We will be happy to meet with you during these hours as our schedule permits.</i>						