

Aikido Kids! Schedule - 2008/2009

Last Updated 8/13/08

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		Preschool Beginner	No Classes, Office Closed
10:00 am						All Ages Beginner	
11:00 am		<p><u>AGE GROUPS:</u> Preschool 4-6 yrs old AKids Elementary (K to 6) Teen 12-18 yrs old</p> <p><u>SKILL LEVELS:</u> Beginner White Belt and up Intermediate Yellow Belt and up Advanced Blue Belt and up Open all skill levels welcome</p>				11:00 – 12:15* All Ages Intermediate + Teen Open <small>* weapons: last 20 min Instructors permission required</small>	
3:30 pm	No Aikido Classes on Mondays	Preschool Beginner	AK Advanced + Teen Open	Preschool Beginner	AK Advanced + Teen Open		
4:30 pm		All Ages Intermediate+	All Ages Beginner	All Ages Intermediate+	All Ages Beginner		
5:30 pm		All Ages Open	All Ages Intermediate+ Teen Open	All Ages Open	All Ages Intermediate+ Teen Open		
6:30 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>						

Promotion Testing:
Every 3rd Friday
@ 6:30 pm