

NEW WAVE SUMMER SCHEDULE 2010 – effective June 5th

MMA and KICKBOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MMA	CT	7pm	7pm (2)	CT		See back
Kickboxing		CT	7pm (2)	CT		See back
CIRCUIT TRAINING (CT) (DOJO 2)	5-8:30pm	6-9pm		5-8:30pm	7:15-8:45pm	See back

KEMPO BEGINNERS (White to Orange)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers (3-6)	4:15pm			5:00pm		
Kids and Teens	5:00pm				5:00pm	
Adults (16 & up)	7:15pm			7:30pm		See back

KEMPO INTERMEDIATES (Purple to Gray-Green)

Kids and Teens				5:30pm	5pm	
Adults (16 & up)	7:15pm			7:30pm		See back
BLACK BELT CLUB	5:45pm					

KEMPO ADVANCED (Green to Black)

Kids and Teens				6:15pm		See back
Adults (16 & up)	7:15pm			7:30pm		See back
MASTERS CLUB	6:30pm					

CAPOEIRA BEGINNERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crua and under			5:45pm		5:45pm	See back
Crua-Amarela			6:30pm		5:45pm	See back

CAPOEIRA INTERMEDIATES

Amarelas			6:30pm		5:45pm	See back
Amarela-Laranja			6:30pm		6:45pm	See back

CAPOEIRA ADVANCED

Laranjas and Up			7:45pm		6:45pm	See back
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SATURDAY SCHEDULE – SUMMER 2010 - effective June 5th

JUNE 2010

FINAL

SATURDAY - JUNE 5th
NO CLASSES - ENJOY ☺

SATURDAY - JUNE 19th
NO CLASSES - ENJOY ☺

SATURDAY - JUNE 12th
All programs meeting at: *Temple of Music*
10-12pm - Class
12-1pm - Community Clean-up
1-3pm - Pot Luck Picnic

SATURDAY – JUNE 26th
FOR KEMPO (Adv and Adults) and MMA STUDENTS
Meeting at: *Roger William Park (across from Park View Middle School)*
10am-12pm

Directions to Temple of Music (TOM) from NW
Take a right out of New Wave Parking lot. Left at 2nd light onto Park ave. Take right into the park (across from Park View middle school). Left at the stop sign. TOM will be on right.

FOR CAPOEIRA STUDENTS
“UM DIA NA CAPOEIRA” EVENT
Meeting at: S. Prov Rec Ctr
12pm – 12am

JULY 2010

SATURDAY – JULY 3rd
NO CLASSES – ENJOY ☺

SATURDAY – JULY 17th
NO CLASSES ENJOY ☺

SATURDAY – JULY 10th
All Programs meeting at: *Oakland Beach*
10-12pm (Class)
12-1pm (Community Clean Up)
1-3pm (Potluck Cookout)

SATURDAY – JULY 24th
All Programs meeting at: *Temple of Music*
10-12pm (Class)
12-3pm (Potluck Cookout)

★ SATURDAY JULY 31st – Kempo Graduation 10-11:30am ★

AUGUST 2010

SATURDAY – AUGUST 7th
ALL STUDENTS
Annual School Trip and Field Day
Scarborough Beach
Leaving the school at 8am
ALL DAY



SATURDAY – AUGUST 21st
All Programs meeting at: Roger Williams Park (*across from Park View Middle School*)
10-2pm (Class)
2-4pm (Potluck Cookout)

SATURDAY – AUGUST 14th
NO CLASSES
Martial Arts Festival Workshops at NWSD
Daytime
& Presentation at the *Waterfire* 6-8pm

SATURDAY – AUGUST 28th
ALL STUDENTS
ANNUAL SCHOOL TOURNAMENT
Forms, Breaking, Capoeira, and Weapons
9am – 2pm