



# Elk Grove - Waterman

Effective September 11, 2010

9320 Elk Grove Blvd.  
Elk Grove, CA 95624  
916-714-3390

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY MAKE-UP	SATURDAY MAKE-UP
Academy Hours	2:30p – 9:00p	2:30p – 9:15p	2:30p – 9:00p	2:30p – 9:15p	2:30p – 8:00p	8:00a – 12:30p
<b>JUNIOR CLASSES</b>						
Lil' Samurai	3:15p – 4:00p	5:00p – 5:45p	3:15p – 4:00p	5:00p – 5:45p		
Junior Beginner White and Gold Belt	6:15p – 7:00p	4:15p – 5:00p	6:15p – 7:00p	4:15p – 5:00p	3:45p – 4:30p	9:15a – 10:00a
Junior Intermediate Leadership Orange through Blue Belt	4:00p – 4:45p	5:45p – 6:30p	4:00p – 4:45p	5:45p – 6:30p	3:45p – 4:30p	9:15a – 10:00a
Junior Advanced Leadership Red through Advanced Brown Belt	4:45p – 5:30p 7:00p – 7:45p	3:30p – 4:15p	4:45p – 5:30p 7:00p – 7:45p	3:30p – 4:15p	4:30p – 5:15p	10:00a – 10:45a
Junior Black Belt	4:45p – 5:30p 7:00p – 7:45p	3:30p – 4:15p	4:45p – 5:30p 7:00p – 7:45p	3:30p – 4:15p	4:30p – 5:15p	10:00a – 10:45a
Junior Black Belt Prep					4:30p – 5:15p	
Demo Team					5:15p – 6:00p	
<b>ADULT CLASSES</b>						
Teen All Ranks	5:30p – 6:15p	6:30p – 7:15p	5:30p – 6:15p	6:30p – 7:15p	6:00p – 6:45p	8:30a – 9:15a
Adult All Ranks	7:45p – 8:45p	7:15p – 8:15p	7:45p – 8:45p	7:15p – 8:15p	6:00p – 6:45p	8:30a – 9:15a
Adult Sparring						10:45a – 11:15a
Brazilian Jiu Jitsu		8:15p – 9:00p		8:15p – 9:00p	6:45p – 7:45p	11:15a – 12:15p

<b>Belt Promotion Times - Friday</b>	
Lil' Samurai, Junior Beginner – 5:30p Junior Intermediate and Advanced – 6:15p	Teens – 7:00p All Adults – 7:00p



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### *Students are expected to:*

1. Arrive 10 – 15 minutes prior to scheduled class.
2. Pull attendance card after changing into uniform.
3. Keep uniforms neat, clean, and odor-free.
4. Quietly prepare for class (do not disturb the class in session).
5. Always show respect to instructors and students.
6. Always be well-mannered, and behave properly.
7. Attend class on a regular and consistent basis.
8. Make arrangements with instructors for make-up classes.
9. Show proper effort and spirit in the classroom.
10. Practice and exercise at home for better results.
11. Memorize and apply Student Creed.
12. Develop and maintain a positive well-disciplined attitude.