



# East Coast Karate

## Seaford



3920 Merrick Road  
516-785-2725

### Class Schedule

Effective 9/7/10

#### Little Tigers (Ages 5-7)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Belts	-----	4:15-5:00	-----	4:15-5:00	-----	10:45-11:30

#### Little Dragons (Ages 8-13)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>White</b>	<b>Belt Class</b> 4:00-4:30	<b>Belt Class</b> 5:00-5:30	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 10:45-11:30
	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 5:30-6:00	
<b>Yellow</b>	<b>Belt Class</b> 4:00-4:30	<b>Belt Class</b> 5:00-5:30	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	
	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 5:30-6:00	
<b>Orange</b>	<b>Belt Class</b> 4:30-5:00	<b>Belt Class</b> 5:00-5:30	<b>Belt Class</b> 4:00-4:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	<b>Cobra Club</b> 10:00-10:45
	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 6:00-6:30	
<b>Purple</b>	<b>Belt Class</b> 4:30-5:00	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 4:00-4:30	<b>Belt Class</b> 5:00-5:30	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 10:45-11:30
	<b>Group Class</b> 5:00-5:30	<b>Belt Class</b> 6:30-7:00	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 6:00-6:30	
<b>Blue</b>	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 4:30-5:00	<b>Belt Class</b> 5:00-5:30	<b>Belt Class</b> 4:00-4:30	<b>Sparring</b> 11:30-12:15
	<b>Belt Class</b> 5:30-6:00	<b>Belt Class</b> 6:30-7:00	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	
<b>Green</b>	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 4:30-5:00	<b>Belt Class</b> 5:00-5:30	<b>Belt Class</b> 4:00-4:30	
	<b>Belt Class</b> 5:30-6:00	<b>Belt Class</b> 6:30-7:00	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	
<b>Brown</b>	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Group Class</b> 5:00-5:30	<b>Group Class</b> 5:30-6:00	<b>Belt Class</b> 4:30-5:00	
	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 6:00-6:30	<b>Belt Class</b> 5:30-6:00	<b>Belt Class</b> 6:30-7:00	<b>Group Class</b> 5:00-5:30	

#### Adult Classes

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Belts	7:00-8:00	8:00-9:00 <small>(ages 18 &amp; over)</small>	-----	7:30-8:30	-----	10:45-11:30 <small>(ages 17 and under)</small>

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