

# WEST BOCA KARATE CENTER

11435A Palmetto Park Road Boca Raton, FL 33428 (Since 1986)

SCHEDULE (Effective May 1, 2015)

Attention Parents: After School Pick-up Available,

Call: 482-9049

(Waters Edge, Sandpiper, Coral Sunset, Whispering Pines, Del Prado, Hammock Pointe)

Check Out Our Awesome Birthday Parties!!

(W/O = White & Orange Belts, G/R = Green & Red Belts, BBC = Black Belt Club Members)

All classes for Children and Y. Adults are 45 minutes

\*New Classes

| DAYS      | CHILDREN   | Y. ADULT  | ADULT   |
|-----------|--|---|---|
|           | <i>Ages 5 - 8½</i>   | <i>Ages 9 - 12½</i>   | <i>Ages 13 &amp; Above</i>  |
| MONDAY    | 4:00pm-W/O/<br>5:00pm G/R<br>5:50pm to 6:10pm-Sparring   | 5:00pm—All Belts<br>6:15-Jr. & Sr.. Black Belts   | 6:15-Jr. & Sr.. Black Belts   |
| TUESDAY   | Private Karate Lessons   | Private Karate Lessons  | Call Us 482-9049  |
| WEDNESDAY | 4:00pm-W/O<br>4:50 to 5:10pm-Sparring<br>5:15pm G/R<br>*5:50 to 6:10-Sparring  | 5:15pm-All Belts  |   |
| THURSDAY  | 4:00pm G/R<br>5:00pm-W/O<br>*5:45 to 6:30 pm Movie Making  | 4:00pm-W/O<br>4:00pm-G/R<br>*5:45pm-to 6:30pm-Jr. & Sr. Black Belts   | *5:45pm-to 6:30pm-Jr. & Sr. Black Belts   |
| FRIDAY    | <b>Family Class</b><br>4:00pm <b>PRESCHOOL</b><br>5:00pm-W/O &G/R<br>5:45 to 6:30 Family Class All Belts<br>6:30pm-Weapons Classes:<br><i>BoStaff, Sword, Sai, Nunchaku and Escrima</i>  | 5:45 to 6:30 Family Class All Belts<br>6:30pm-Weapons Classes:<br><i>BoStaff, Sword, Sai, Nunchaku and Escrima</i><br>7:15 Jr. and Sr. Black Belts and Red Belt with 6 Blue                             | 5:45 to 6:30 Family Class All Belts<br>6:30pm-Weapons Classes: <i>BoStaff, Sword, Sai, Nunchaku and Escrima</i>   |
| SATURDAY  | <b>Family Class</b><br>9:00am Form Clinic<br>10:15- <b>PRESCHOOL</b><br>11:00am Family Class<br>*Special Event Classes - Please Check Calendar for times<br><a href="http://www.westbocakarate.com">www.westbocakarate.com</a> | 9:00am Form Clinic<br>10:15- <b>PRESCHOOL</b><br>11:00am Family Class<br>*Special Event Classes - Please Check Calendar for times<br><a href="http://www.westbocakarate.com">www.westbocakarate.com</a> | 9:00am Form Clinic<br>10:15- <b>PRESCHOOL</b><br>11:00am Family Class<br>*Special Event Classes - Please Check Calendar for times<br><a href="http://www.westbocakarate.com">www.westbocakarate.com</a> |

Students Must Have Their Own Sparring Equipment For All Sparring Classes

**PRESCHOOL CLASSES-AGES 3 TO 5 Fridays and Saturdays!**

WANT TO LEARN A SPECIAL WEAPON? BUY 3 MONTHS OF THAT WEAPON, \$20.83 PER CLASS.

**Red Belts with 4+ Blue Stripes must know a Weapons Form for their Black Belt Testing**

**(Sign up for 3 months, \$250)**

SEE US IN THE OFFICE FOR ADDITIONAL INFORMATION or JOINING THE NATSDF WEBSITE

[www.tman.com/LOGIN/natsdf](http://www.tman.com/LOGIN/natsdf)

<http://virtualmaschoolowners.com/>

[www.westbocakarate.com](http://www.westbocakarate.com)