

# SUMMER MARTIAL ARTS CLASS SCHEDULE

Effective 6/10/24

## YOUNG TIGERS

(ages 4-6)

**Mondays & Thursdays 5pm**

## YOUTH & ADULT

(ages 7 & up)

**Mon, Tues, Thur. 6:15 PM**

White & Yellow Belt Class

**Mon, Tues, Thur. 7:00 PM**

High Yellow, Green, High Green, & Blue Belt Class

**Mon, Tues, Thur. 7:45 PM**

High Blue, Red, High Red, & Black Belts Class

### SUMMER BREAK:

No classes Friday June 21st- Sunday July 7th.

Classes will resume on Monday July 8th.



Scan Code to download  
your own copy of the Schedule.

## YOUNG TIGERS

Ages 4 & 5. These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main youth & adult programs.

## BELT RANKED CLASSES

Yellow, High-Yellow, Green, High-Green, Blue, High-Blue, Red, High-Red, Black: Ages 6 and older.

These classes are for students who have earned the belt rank listed for each class. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

PLEASE NOTE: Students can store their sparring equipment at Universal by renting a locker. Please contact a Universal Member Services Representative for more information. Please see a martial arts instructor to purchase uniforms or sparring equipment.

Along with purchasing sparring gear, all Young Tiger and Adult students must purchase Martial Arts insurance. This fee renews Each year on January 1st and is valid until December 31st. The cost for the Adult Program is \$50.00 and the cost for the Young Tiger program is \$35.00.

Martial Arts classes are included in a club membership. "Martial Arts Only" memberships are also available to the general public. Please ask a Member Services Representative for details.



2323 Oregon Pike · Lancaster · 717-569-5396  
[www.UniversalAthleticClub.com](http://www.UniversalAthleticClub.com)

