



# FALL II 2022 SCHEDULE

**Weekday Classes: October 25 to December 9**  
**Saturday Classes: November 5 to December 10**

No karate classes on the following dates: Oct 31, Nov 24 & 25  
 See back for the days and times of our make up classes



**Beginner Karate Classes**  
 (Ages 6 to 17)

<b>White Belt All Ranks</b> (Choose two classes to attend)	<b>Mondays, Tuesdays, Thursdays, Fridays</b> <b>Saturdays</b>	<b>3:40pm to 4:30pm</b> <b>10:30am to 11:20am</b>
<b>Yellow &amp; Orange Belts</b>	<b>Mondays &amp; Fridays</b>	<b>4:40pm to 5:30pm</b>

**Intermediate & Higher Karate Classes**  
 (Ages 7 and older)

<b>Green and Blue Belts</b>	<b>Tuesdays &amp; Thursdays</b>	<b>4:40pm to 5:30pm</b>
<b>Brown and Black Belts</b>	<b>Tuesdays &amp; Thursdays</b>	<b>5:40pm to 6:30pm</b>

**Teen & Adult Karate Classes**  
 (Ages 13 and older)

<b>Evening Class</b>	<b>Mondays &amp; Fridays</b>	<b>5:40pm to 6:30pm</b>
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**Lil Dragons Karate Classes**

<b>Lil'est Dragons</b> (Ages 4 to 5) (Class limit of 8 students per class)	<b>Saturdays</b>	<b>8:30am to 9:00am</b>
<b>Lil Dragons</b> (Ages 5 to 6) (Class limit of 10 students per class)	<b>Thursdays</b> <b>Saturdays</b>	<b>3:10pm to 3:40pm</b> <b>9:00am to 9:30am</b> <b>9:45am to 10:15am</b>

**Extra Karate Classes**

<b>Bo Class</b> (Yellow Belts & Higher)	<b>Wednesdays</b>	<b>3:40pm to 4:30pm</b>
<b>Tournament Team</b> (Invitation only)	<b>Wednesdays</b>	<b>4:40pm to 5:30pm</b>

**Other Martial Arts Classes**  
 (Ages 9 and older)

<b>Jujitsu Class</b>	<b>Mondays &amp; Thursdays</b>	<b>6:30pm to 7:30pm</b>
<b>Capoeira Class</b>	<b>Fridays</b>	<b>6:30pm to 7:15pm</b>



Visit our website at  
[www.clubnahakaratedo.com](http://www.clubnahakaratedo.com)



### MARTIAL ART CLASS FEES

(All fees are for a seven week session)  
 (Classes with an enrollment less than three will be canceled for the session)  
 (Ask our welcome desk about our different membership options)

Lil & Lil'est Dragons Fee	\$ 50.00 for members/\$ 60.00 for non-members
Capoeira Fee	\$ 50.00 for members/\$ 60.00 for non-members Free with a Teen or Adult Membership
Youth Karate/Jujitsu Fee	\$ 85.00 for members/\$ 100.00 for non-members
Teen Karate/Jujitsu Fee	\$ 85.00 for members/\$ 100.00 for non-members <b>Free</b> Teen & Adult Karate, Capoeira, & Jujitsu with a Teen Membership
Adult Karate/Jujitsu Fee	100.00 for non-members <b>Free</b> Teen & Adult Karate, Intermediate & Higher Karate, Capoeira, & Jujitsu with an Adult Membership



**Financial assistance is available!**

**Club "NAHA" Karate-Do U.S.A.**  
 Boys & Girls Clubs and YMCA of Greater Waterville  
 at the **Alfond Youth & Community Center**  
 126 North Street, Waterville, Maine 04901  
 P: 207.873.0684 F: 207.861.8016 ClubAYCC.org



# FALL II 2022 MAKE UP CLASS SCHEDULE

**Monday, December 12 to Saturday, December 17**

## Lil Dragons

**Thursday**  
3:10pm to 3:40pm

**Saturday**  
8:30am to 9:00am  
9:00am to 9:30am  
9:45am to 10:15am



## White Belt Classes

**Monday, Tuesday, Thursday, & Friday**  
3:40pm to 4:30pm

**Saturday**  
10:30am to 11:20am



## Yellow to Orange Belt Classes

**Monday, Wednesday, & Friday**  
4:40pm to 5:30pm

## Green to Black Belt Classes

**Tuesday**  
4:40pm to 5:30pm

**Teen & Adult Classes**  
**Monday, Wednesday, & Friday**  
5:40pm to 6:30pm

