



# FALL I 2022 SCHEDULE

September 6 to October 24

The Fall I session will end on Monday, October 24th to make up for the classes missed on Labor Day



**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>3:40pm to 4:30pm</b>
<b>Yellow &amp; Orange Belts</b>	<b>Saturdays</b>	<b>10:30am to 11:20am</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>Tuesdays or Thursdays</b>	<b>3:10pm to 3:40pm</b>
	<b>Saturdays</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)



<b>MARTIAL ART CLASS FEES</b>	
<small>(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)</small>	
<b>Lil &amp; Lil'est Dragons Fee</b>	<b>\$ 50.00 for members/\$ 60.00 for non-members</b>
<b>Capoeira Fee</b>	<b>\$ 50.00 for members/\$ 60.00 for non-members</b> <b>Free with a Teen or Adult Membership</b>
<b>Youth Karate/Jujitsu Fee</b>	<b>\$ 85.00 for members/\$ 100.00 for non-members</b>
<b>Teen Karate/Jujitsu Fee</b>	<b>\$ 85.00 for members/\$ 100.00 for non-members</b> <b>Free Teen &amp; Adult Karate, Capoeira, &amp; Jujitsu with a Teen Membership</b>
<b>Adult Karate/Jujitsu Fee</b>	<b>100.00 for non-members</b> <b>Free Teen &amp; Adult Karate, Intermediate &amp; Higher Karate, Capoeira, &amp; Jujitsu with an Adult Membership</b>



**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

