



Degerberg Academy
 4717 N. Lincoln Ave
 Chicago, IL 60625
 773-728-5300
 www.degerberg.com

ADULT SCHEDULE

	9:30 – 10:30	10:30 – 11:30	11:30 – 12:30	6:15 – 7:15	7:15 – 8:15	8:15 – 9:15	
MONDAY				Blend II Forrest Yoga	Blend I Blend III Thai Boxing	Blend II Blend IV & V 100% Effort Jun Fan Workout	
TUESDAY	Open Mats Blend IV & V Open Mats	Open Mats Blend III Open Mats	Open Mats Blend I & II Open Mats	Blend I Open Mats	Open Mats Blend IV & V Blend II	Boxing Kali Blend I Blend III	
WEDNESDAY				Blend II Tai Chi	Blend I Blend V Kali	Blend III & IV Savate	
THURSDAY	Open Mats Blend IV & V Open Mats	Open Mats Blend III Open Mats	Open Mats Blend I & II Open Mats	Blend I Tai Chi II 100% Effort Women's Sparring	Blend I Blend III Blend II Kettlebell Training	Blend IV & V Jiu Jitsu Thai Boxing	
FRIDAY				Blend III & IV 100% Effort Jun Fan Workout	Open Mats Blend I & II		
	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	1:30 – 2:30	2:30 – 3:30	3:30 – 4:30
SATURDAY	Blend IV & V		Wrestling	Yoga	Blend III	Blend II	Blend I
	Boxing Open Mats		100% Effort Adv. JKD/Kali/Silat*				
SUNDAY		100% Effort Kali Workout Blend I & II Open Mats	100% Effort Jun Fan Workout Blend III Letha Yoga	* Purple belts and higher. Others with permission. Blue = Down Stairs Green = Main Floor Red = BBC Room			BLEND I – WHITE AND YELLOW BLEND II – GOLD AND ORANGE BLEND III – GREEN AND HIGH GREEN BLEND IV – BLUE, HIGH BLUE, AND PURPLE BLEND V – Brown III, Brown II, and Brown I

HOURS	
Monday	3:45 p.m. – 9:30 p.m.
Tuesday	9:15 a.m. – 12:30 p.m. 3:45 p.m. – 9:30 p.m.
Wednesday	3:45 p.m. – 9:30 p.m.
Thursday	9:15 a.m. - 12:30 p.m. 3:45 p.m. – 9:30 p.m.
Friday	4:30 p.m. – 8:15 p.m.
Saturday	10:00 a.m. – 4:45 p.m.
Sunday	10:00 a.m. – 1:00 p.m.

Note: To receive credit, you must participate in classes designated for your rank level.

What's Our Quest? TO BE OUR BEST!

What's Our Goal? BLACK BELT EXCELLENCE!

What Does T.E.A.M. Stand For? TOGETHER EVERYONE ACHIEVES MORE!

NINJA TURTLES • KARATE KIDS • TEEN WARRIORS SCHEDULE

	4:00 – 4:45	4:45 – 5:15	4:45 – 5:30	5:00 – 5:30	5:15 – 5:45	5:30 – 6:15	5:45 – 6:30	6:15 – 7:00	6:30 – 7:15
MONDAY	•Kids I	•Ninja Turtles I			•Ninja Turtles II		•Kids III		•Kids I •Kids II
TUESDAY	•Kids II		•Kids III •Teens III & IV			•Kids I •Teens I & II		•Kids III & IV (6:15-7:15)	
WEDNESDAY	•Kids I	•Ninja Turtles I			•Ninja Turtles II		•Kids II		•Kids I
THURSDAY	•Kids II		•Kids III & IV •Teens III & IV	•Ninja Turtles I		•Ninja Turtles II (5:30-6:00) •Teens I & II •Kids I		•Kids III & IV	
FRIDAY			•Kids III & IV •Teens I & II			•Teens II I & IV •Ninja Turtles I (5:30-6:00)	•Ninja Turtles II (6:00-6:30)		•Kids I
	11:00 – 12:00	12:00 – 12:30	12:30 – 1:00	1:00 – 1:45	1:45 – 2:30	2:30 – 3:15	3:15-4:00		
SATURDAY	•Kids IV	•Ninja Turtles II	•Ninja Turtles I	•Kids III	•Kids II	•Kids I •Teens I&II	•Teens III & IV		

Ninja Turtles I	NT Camouflage Belts Only	Ninja Turtles II	NT White Belts & Above
Kids I	White & Yellow Belts	Teens I	White & Yellow Belts
Kids II	Gold –Orange Belts	Teens II	Gold & Orange Belts
Kids III	Green – High Blue Belts	Teens III	Green – High Blue Belts
Kids IV	Purple – Black Belts	Teens IV	Purple - Black Belts



4717 N. Lincoln Ave
Chicago, IL 60625
773-728-5300

www.degerberg.com

Blue = Down Stairs
Green = Main Floor
Red = BBC Room

THE KIDS' STUDENT CREED

- I. I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or physical health.
- II. I intend to develop self-discipline in order to bring out the best in myself and others.
- III. I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive.

(IV through VI are for Ninja Turtles & Karate Kids only)

- IV. I intend to keep my room and dojo clean.
- V. I intend to earn my Black Belt.
- VI. I intend to honor and respect my parents.

ATTENTION PARENTS OF KARATE KIDS!

ALL PROMOTIONS ARE HELD THE 1ST – 7TH OF EVERY MONTH.

In order to be eligible, your child must:

- Attend 8 classes consistently since the last promotion (belt or stripe)
- Turn in a Job List by the 20th of the month
- Turn in an Intent to Promote form (for belt promotions only) by the 20th
- Turn in a Black Belt Success Log (green belts & above only) by the 20th
- Pass the belt curriculum test

PLEASE MAKE UP ANY MISSED CLASSES WITHIN 30 DAYS!