

ADULT SCHEDULE

	6:15 – 7:15	7:15 – 8:15	8:15 – 9:15
<i>MONDAY</i>	Blend I & II	Blend III/IV Kali	
<i>TUESDAY</i>		Blend III/IV Blend II	Blend I 100% Effort Workout
<i>WEDNESDAY</i>	Blend I & II	Blend III/IV Forrest Yoga	
<i>THURSDAY</i>		Blend III Blend IV	Blend I Blend II
<i>FRIDAY</i>			
	8:30 – 9:30	9:30 – 10:30	10:30-11:30
<i>SATURDAY</i>	Fitness Boot Camp	Blend I & II	Blend III & IV



3596 N. Milwaukee Avenue
Chicago, Illinois 60641
(773) 545-3423
www.degerberg.com

HOURS	
Monday	4:30 p.m. – 8:30 p.m.
Tuesday	3:45 p.m. – 9:30 p.m.
Wednesday	4:30 p.m. – 8:30 p.m.
Thursday	3:45 p.m. - 9:30 p.m.
Friday	4:45 p.m. – 7:15 p.m.
Saturday	9:30 p.m. – 2:30 p.m.
Sunday	Closed

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!

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
BLEND VI – BLACK BELTS

NINJA TURTLES • KARATE KIDS

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

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



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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 and family.

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!