



YOUNG PARK MARTIAL ARTS

Est. 1980 - Home of Former Team Canada Coach & Many Champions

Confidence • Discipline • Respect • Integrity • Focus



STONEY CREEK LOCATION WINTER CLASS SCHEDULE (**EFFECTIVE March 1st, 2026**) TEL 905-387-5425 www.youngpark.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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****Classes are divided according to your BELT RANK & AGE. Please come to the appropriate class.**

****Please arrive at least 5 minutes before your class; do not be late.**

1) Siblings may come to the same class unless their belt levels are very different. – Please ask Master Alex if siblings can attend at the same time

4:30-5:00 pm Kinderkick <u>Ages 4-5 ONLY</u>		4:30-5:20 pm Lt Blue & UP <i>Technical kicking & sparring</i>			10:30-11:00 am Kinderkick <u>Ages 4-5 ONLY</u>
5:00-5:50 pm White - Orange <i>Technical kicking & sparring</i>	5:00-5:30 pm Kinderkick <u>Ages 4-5 ONLY</u>	5:30-6:00 pm Kinderkick <u>Ages 4-5 ONLY</u>	5:00-5:30 pm Kinderkick <u>Ages 4-5 ONLY</u>	5:00-5:50 pm White - Orange <i>weaponry</i>	11:00-11:50 am White - Orange <i>weaponry/review</i>
6:00-6:50 pm Lt Blue - Purple <i>Technical kicking & sparring</i>	6:00-6:50 pm White - Orange <i>Self-defense & patterns</i>	6:00-6:50 pm White - Orange <i>Technical kicking & sparring</i>	6:00-6:50 pm Lt Blue - Purple <i>Self-defense & patterns</i>	6:00-6:50 pm Lt Blue - Purple <i>weaponry</i>	12:00-12:50 pm Lt Blue & UP <i>weaponry/review</i>
7:00-7:50 pm White - Orange <i>Technical kicking & sparring</i>	7:00-7:50 pm Lt Blue - Purple <i>Self-defense & patterns</i>	7:00-7:50 pm Lt Blue - Purple <i>Technical kicking & sparring</i>	7:00-7:50 pm White - Orange <i>Self-defense & patterns</i>	7:00-7:50 pm Brown & Up <i>weaponry</i>	
8:00 pm-8:50 pm Brown up & Teen up <i>Technical kicking & sparring</i>	8:00-8:50 pm Brown up & Teen up <i>Self-defense & patterns</i>	8:00 pm-8:50 pm Brown up & Teen up <i>Technical kicking & sparring</i>	8:00-8:50 pm Brown up & Teen up <i>Self-defense & patterns</i>	8:00-8:50 pm Teen & Adult <i>weaponry</i>	

