



NEW CASTLE Taekwondo America Plus Schedule Effective May 1, 2010

# SUMMER SCHEDULE

MONDAY-A	TUESDAY-B	WEDNESDAY-A	THURSDAY-B	SATURDAY-ALT
Taekwondo Training Schedule				
6:45—7:30pm Taekwondo Family Ages 7 thru Adult	5:15—6:15pm Taekwondo Family Ages 7 thru Adult	6:45—7:30pm Taekwondo Family Ages 7 thru Adult	5:15—6:15pm Taekwondo Family Ages 7 thru Adult	9:00—11:00am <b>OPEN GYM for TEAM</b> <i>Run by Booster Club</i>
Upgrade Clubs Training Schedule				
		5:15—6:00pm <b>MAFAT PRE-TEAM / DEMO XTREME TEAM</b>		
7:30—7:45pm <b>Excellence Club &amp; XTREME TEAM Workout</b>	6:15—6:30pm <b>Excellence Club &amp; XTREME TEAM Workout</b>	7:30—7:45pm <b>Excellence Club &amp; XTREME TEAM Workout</b>	6:15—6:30pm <b>Excellence Club &amp; XTREME TEAM Workout</b>	11:00—12:00pm <b>BLACK BELT CLUB</b> <i>Every 3rd Saturday of the Month or TBA</i>
TAP-Mixed Martial Arts & Combat Hapkido Training Schedule				
	6:30—7:15pm TAP—Mixed Martial Arts & Combat Hapkido		6:30—7:15pm TAP—Mixed Martial Arts & Combat Hapkido	
BabyDojo Training Schedule				
6:00—6:45pm BabyDojo Ages 2-4				
6:00—6:30pm BabyDojo Ages 4-6	4:30—5:00pm BabyDojo Ages 4-6	6:00—6:30pm BabyDojo Ages 4-6	4:30—5:00pm BabyDojo Ages 4-6	
6:30—6:45pm BabyDojo ABC Club	5:00—5:15pm BabyDojo ABC Club	6:30—6:45pm BabyDojo ABC Club	5:00—5:15pm BabyDojo ABC Club	
Tae-Play Training Schedule				
5:15—6:00pm Tae-Play Program				
CKA-Cardio Kickboxing & Aerobics Training Schedule				
7:45—8:30pm Cardio Kickboxing	6:30—7:15pm Cardio Kickboxing	7:45—8:30pm Cardio Kickboxing	6:30—7:15pm Cardio Kickboxing	



NEW CASTLE Taekwondo America Plus SUMMER CAMPS 2010

# SUMMER CAMP SCHEDULE

## BEGINNER WHITE BELT CAMP

JUNE 21-25, 2010

\$149.00 includes uniform

(ages 6—16 only / runs Mon-Fri)

9:00am—12:00pm Mon Summer Camp	9:00am—12:00pm Tues Summer Camp	9:00am—12:00pm Wed Summer Camp	9:00am—12:00pm Thurs Summer Camp	9:00am—12:00pm Fri Summer Camp
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## XTREME SUMMER CAMP

JULY 12-16, 2010

\$129.00

(ages 6—16 only / runs Mon-Fri)

9:00am—12:00pm Mon Summer Camp	9:00am—12:00pm Tues Summer Camp	9:00am—12:00pm Wed Summer Camp	9:00am—12:00pm Thurs Summer Camp	9:00am—12:00pm Fri Summer Camp
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## BACK TO SCHOOL TESTING PREP CAMP

AUGUST 23-27, 2010

\$199.00 includes test fee

(ages 7 thru adults / runs Mon-Fri)

8:00am—12:00pm Mon Testing Camp	8:00am—12:00pm Tues TestingCamp	8:00am—12:00pm Wed TestingCamp	8:00am—12:00pm Thurs TestingCamp	8:00am—12:00pm Fri TestingCamp
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