



September 12, 2016

WestWind Schedule • Kearns
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 westwindkarate.com

WestWind Schedule • Kearns

Class	(A) MONDAY	(A) TUESDAY	(A) FRIDAY	(B) WEDNESDAY	(B) THURSDAY	(B) SATURDAY	Class
INTRO	4:00 / 6:00	4:30 / 6:00		4:00 / 6:00	4:30 / 6:00	10:30/12:30	INTRO
WHITE	5:15 - 6:00	7:15 - 8:00	5:00-5:45 (Sandy)	5:15 - 6:00	7:15- 8:00	11:00-11:45	WHITE
EARLY SKILLS	6:00 - 6:30	4:00 - 4:30		6:00 - 6:30	4:00 - 4:30		EARLY SKILLS
BASIC SKILLS	6:30 - 7:15	5:00 - 5:45		6:30 - 7:15	5:00 - 5:45		BASIC SKILLS
YELLOW ORANGE	4:30- 5:15	6:30 - 7:15	5:00-5:45 (Sandy)	4:30 - 5:15	6:30- 7:15	11:00-11:45	YELLOW ORANGE
PURPLE BLUE	6:30 - 7:15	8:00- 8:45	5:00-5:45 (Sandy)	6:30 - 7:15	8:00- 8:45	11:00-11:45	PURPLE BLUE
GREEN thru BLACK	7:30- 8:15	5:15 - 6:00	5:00-5:45 (Sandy)	7:30- 8:15	5:15- 6:00	11:00-11:45	GREEN thru BLACK
BLACK		9:15-10:00 (Midvale)					BLACK
BBC SPARRING			4:00 (Sandy)			11:45 12:30	BBC SPARRING
S.T.O.R.M.			5:45 (Sandy)				S.T.O.R.M.
S.W.A.T.			6:15 (Sandy)				S.W.A.T.

Students are expected to:

1. Arrive 10-15 minutes prior to scheduled classes.
2. Attend one "A" & "B" day per week.
3. Pull attendance card prior to each class.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class (do not disturb class in session).
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction