

MARTIAL ARTS CLASS SCHEDULE

Effective 8/28/23

YOUNG TIGERS

(ages 4 -6)

Monday & Thursday

5PM All Belt Ranks

YOUTH & ADULT

(ages 7 & up)

Monday, Tuesday & Thursday

5:30 PM - White & Yellow Belts

6:15 PM - High Yellow, Green, High Green, Blue

7:00 PM - High Blue, Red, High Red, Black Belts



Scan Code to download
your own copy of the Schedule.

YOUNG TIGERS

Ages 4-7. These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main youth & adult programs.

BELT RANKED CLASSES

Yellow, High-Yellow, Green, High-Green, Blue, High-Blue, Red, High-Red, Black: Ages 8 and older.

These classes are for students who have earned the belt rank listed for each class. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

Students are required to purchase a uniform after a 4-week trial period of starting a class. Students are required to bring all sparring gear and appropriate equipment to each class. Students can store their sparring equipment at Universal by renting a locker.

PLEASE NOTE: Students can store their sparring equipment at Universal by renting a locker: Please contact a Universal Member Services Representative for more information. Please see a martial arts instructor to purchase uniforms or sparring equipment.

Martial Arts classes are included in a club membership. "Martial Arts Only" memberships are also available to the general public. Please ask a Member Services Representative for details.



2323 Oregon Pike · Lancaster · 717-569-5396
www.UniversalAthleticClub.com

