

SUMMER MARTIAL ARTS CLASS SCHEDULE

Effective 6/8/26

**SUMMER
BREAK
NO
CLASSES
FROM
JUNE 19TH
THROUGH
JULY 6TH**

5:00-5:30pm, Young Tigers
6:15-7:00pm, White & Yellow
7:00-7:45pm, High Yellow, Green, High Green, Blue
7:45-8:30pm, High Blue, Red, High Red & Black

6:15-7:00pm, White & Yellow
7:00-7:45pm, High Yellow, Green, High Green, Blue
7:45-8:30pm, High Blue, Red, High Red & Black

BELT TESTING IS THURSDAY, JUNE 18TH

5:00-5:30pm, Young Tigers
6:15-7:15pm, All Belt Ranks (Technique Training)

6:00-6:45pm, White & Yellow Belts
(alternates weekly, Poomsae Stances & Sparring Techniques)
6:45-7:45pm, High Yellow to Black Belts
(alternates weekly, Poomsae Form & Contact Sparring)



YOUNG TIGERS Ages 4 & 5. 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 6 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.

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. Along with purchasing sparring gear, all Young Tiger and Adult students must purchase Martial Arts insurance. This fee renews Each year on January 1st and is valid until December 31st.



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.