

# Aberdeen 2021 Class Schedule

Address: 1070 Route 34 Matawan, NJ 07747

CALL/ TEXT: (732) 288-6446

Website: [www.elitemartialartsnj.com](http://www.elitemartialartsnj.com) EMAIL: matawanema@gmail.com

Download School APP: "TEAM EMA" access code "Blackbelt"

[Click to Join CLOSED Parents' FB GROUP](#)

Follow along Classes: <https://elitemartialartsnj.com/students/virtual-class>

<b>FALL 2020</b>	<b>Class</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>ORIENTATION</b>	Welcome Lesson	5:00PM	4:45PM	3:00PM	4:45PM	5:00PM	12:30PM
<b>BASIC PROGRAM</b>	Basic Lil Dragon(30)	5:30PM	6:15 PM	5:30PM	6:15 PM	5:30PM	10:00AM
	Basic Kids (30)	6:15 PM	7:00 PM	6:15 PM	7:00 PM	6:15 PM	10:45AM
<b>BBT/ LEADERSHIP PROGRAM</b> --- <b>BLACK BELT TRAINING</b>  45 min classes BBT 60 Mins Leadership	BBT Lil Dragons	5:30PM	6:15 PM	5:30PM	6:15 PM	5:30PM	10:00AM
	BBT-1	6:15 PM	7:00 PM	6:15 PM	7:00 PM	6:15PM	10:45AM
	BBT-2/3 blue belt + up	7:15PM	5:15PM	7:15PM	5:15PM		11:30AM
	Krav Maga	8:15PM	8:00PM	8:15PM	8:00PM		
	Instructor Training						1:00PM
	Leadership Seminar					7:15 PM (3rd Friday)	

\*\*\*\*PLEASE NOTE YOU SHOULD BE ATTENDING CLASS TWICE A WEEK\*\*\*\*

### **Students are expected to:**

- Arrive 10 minutes prior to scheduled class start time.
- Quietly prepare for class, not disturbing the classes in session.
- Show proper effort and spirit in class! Attend class on a regular and consistent basis (2x wkly)
- Let your instructors know if you will not be in class, and make up any missed classes
- Call the dojo at 732-252-6177.
- Practice and exercise at home.
- Treat the Dojo with respect. This is a place we all share and enjoy, so it is your responsibility to keep it neat.
- Bring all equipment to each class. All equipment must be EMA approved.
- All uniforms must be clean & odor-free, nails must be trimmed and hand/feet must be clean.

### **Parents are expected to:**

- Always be quiet during class, showing children the discipline and respect we wish to pass on.
- Always keep siblings under control and quiet during class.
- Drop off and pick up children promptly.
- Please be aware of the mental lessons being taught in class and reinforce this positive behavior at home.
- Keep abreast of special events through our monthly calendar.
- Understand that the best way to teach children is leading by example.
- Keep cell phones turned off in the school while classes are in session.