

# NEW WAVE SUMMER SCHEDULE 2010

MMA and KICKBOXING

Effective June 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MMA	CT	7pm	7pm (2)	CT		See back
Kickboxing		CT	7pm (2)	CT		See back
CIRCUIT TRAINING (CT) (DOJO 2)	5-8:30pm	6-9pm		5-8:30pm	7:15-8:45pm	See back

## KEMPO BEGINNERS (White to Orange)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers (3-6)	4:15pm			5:00pm		
Kids and Teens	5:00pm				5pm	
Adults (16 & up)	7:15pm			7:30pm		See back

## KEMPO INTERMEDIATES (Purple to Gray-Green)

Kids and Teens				5:45pm	5pm	
Adults (16 & up)	7:15pm			7:30pm		See back
BLACK BELT CLUB	5:45pm					

## KEMPO ADVANCED (Green to Black)

Kids and Teens				6:30pm		See back
Adults (16 & up)	7:15pm			7:30pm		See back
MASTERS CLUB	6:30pm					

## CAPOEIRA BEGINNERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crua and under			5:45pm		5:45pm	See back
Crua-Amarela			6:30pm		5:45pm	See back

## CAPOEIRA INTERMEDIATES

Amarelas			6:30pm		5:45pm	See back
Amarela-Laranja			6:30pm		6:45pm	See back

## CAPOEIRA ADVANCED

Laranjas and Up			7:45pm		6:45pm	See back
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Refer someone and Earn!

www.newwaveSD.com and www.capoeiraBCV.com -- 401-781-3480

## SATURDAY SCHEDULE – SUMMER 2010 - effective June 5th

### JUNE 2010

**FINAL**

**SATURDAY - JUNE 5<sup>th</sup>**  
NO CLASSES - ENJOY ☺

**SATURDAY - JUNE 19<sup>th</sup>**  
NO CLASSES - ENJOY ☺

**SATURDAY - JUNE 12<sup>th</sup>**  
All programs meeting at: *Temple of Music*  
10-12pm - Class  
12-1pm - Community Clean-up  
1-3pm - Pot Luck Picnic

**SATURDAY – JUNE 26<sup>th</sup>**  
FOR KEMPO (Adv and Adults) and MMA STUDENTS  
Meeting at: *Roger William Park (across from Park View Middle School)*  
10am-12pm

***Directions to Temple of Music (TOM) from NW***  
*Take a right out of New Wave Parking lot. Left at 2<sup>nd</sup> light onto Park ave. Take right into the park (across from Park View middle school). Left at the stop sign. TOM will be on right.*

FOR CAPOEIRA STUDENTS  
“UM DIA NA CAPOEIRA” EVENT  
Meeting at: S. Prov Rec Ctr  
12pm – 12am

### JULY 2010

**SATURDAY – JULY 3<sup>rd</sup>**  
NO CLASSES – ENJOY ☺

**SATURDAY – JULY 17<sup>th</sup>**  
NO CLASSES ENJOY ☺

**SATURDAY – JULY 10<sup>th</sup>**  
All Programs meeting at: *Oakland Beach*  
10-12pm (Class)  
12-1pm (Community Clean Up)  
1-3pm (Potluck Cookout)

**SATURDAY – JULY 24<sup>th</sup>**  
All Programs meeting at: *Temple of Music*  
10-12pm (Class)  
12-3pm (Potluck Cookout)

★ SATURDAY JULY 31<sup>st</sup> – Kempo Graduation 10-11:30am ★

### AUGUST 2010

**SATURDAY – AUGUST 7<sup>th</sup>**  
ALL STUDENTS  
Annual School Trip and Field Day  
Scarborough Beach  
Leaving the school at 8am  
ALL DAY



**SATURDAY – AUGUST 21<sup>st</sup>**  
All Programs meeting at: *Roger Williams Park (across from Park View Middle School)*  
10-2pm (Class)  
2-4pm (Potluck Cookout)

**SATURDAY – AUGUST 14<sup>th</sup>**  
NO CLASSES  
Martial Arts Festival Workshops at NWSD  
Daytime  
& Presentation at the *Waterfire* 6-8pm

**SATURDAY – AUGUST 28<sup>th</sup>**  
ALL STUDENTS  
ANNUAL SCHOOL TOURNAMENT  
Forms, Breaking, Capoeira, and Weapons  
9am – 2pm