



NEW WAVE FALL SCHEDULE 2011

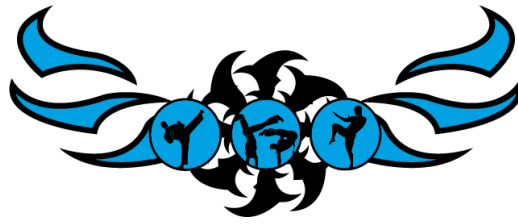
NO CLASSES ON
NOV. 24-26 and DEC 24 - JAN 1

Effective Sept. 26th

MISC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	ZUMBA				7-8:30pm		3-4pm
	OPEN MAT	5:45-8pm				6:30-8p	10:30-4pm
	PRIVATE CLASS	<i>Coordinate with Instructor</i>					

SHAOLIN KEMPO KARATE	Tiny Tigers (3-6) <i>45-minutes classes</i>		5:45pm (2)		5:45pm (2)		
	Kids White - Orange	5:45-6:30p			5-6pm	5-6pm	
	Kids/Teens Purple to Gray-Green		5-6pm	5-6:15pm <i>Sparring</i> <i>Bring full gear</i> <i>Head, Hand, Foot, Groin and Mouth-Piece</i>		5-6pm	
	Kids/Teens Green = Gray-Brown		6-7pm			5-6pm	
	Kids Brown to Jr.Black		6-7pm		6-7pm		
	Older teens & Adults	7:30-8:30p			7-8:30pm		1-2pm
	<i>BLACK BELT and MASTER'S CLUBS</i>	6:30-7:30p					
	<i>Leadership</i>		<i>SWAT/DELTA</i> 5pm/5:45pm		<i>SWAT/DELTA</i> 5pm/5:45pm		
	<i>DEMO TEAM</i>			<i>Encouraged to participate in acrobatics class on Saturday at 10:30am</i>			

CAPOEIRA	Kids - crua & under				5:30-6:30pm	GROUP A 10:30am	
	Kids - PtVerde +			5:45pm			
	Crua-Am & under			6:45pm	6-8pm	GROUP B 11:45am	
	Amarela & Ama.-Blu			7:45pm			
	Blue and Up						
	<i>Advanced Monthly Meeting</i>			<i>Sombras</i> 5:45pm/6:30p		8pm week 1	
	<i>Orientation Leaders</i>					8pm week 2	
	<i>Instructors Meet.</i>	Includes all who are responsible for teaching or assisting with class				8pm week 3	
	<i>OPEN RODA</i>	Open Roda is on the last Friday of the month at 6-8pm.					



NEW WAVE

FALL SPECIALS AND PROMOTIONS

ONGOING SPECIALS

NEW WAVE REFERRAL PROGRAM
roll a friend into one of our full-time programs and receive

\$75 towards your Tuition
2nd + person - \$100...

New Student Trial Package

-- 2 months of classes in the program of choice
\$199.00
 - Includes uniform

NEW T's on Sale

Single Color \$10

Multi-color \$15 or 2/\$25



2 color design
 Red & black on White Ts



LET'S GET TO OUR MUSIC

Grupo Ondas Capoeira CD with Orginial Lyrics

A wonderful blend of Cape Verdean and Brazilian music within the art of capoeira. Original Lyrics by *CM Tigri* in honor of the two countries. Featuring one of Cape Verde's best musicians, Tony "Kid" Santos.

ONLY \$10.00

UPCOMING EVENT REMINDERS

-- New wave Annual Open house	September 24 th , 2011
-- Halloween Tournament and Party	October 29 th , 2011
-- Thanksgiving social event	November 23 rd , 2011
-- Banquet and Holiday Gathering	December 17 th , 2011