



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL/WINTER SESSION 1

MONDAY/WEDNESDAY LESSONS

5:00pm-5:30pm	Stage 1	Stage 2
5:35pm-6:05pm	Stage A	
5:35pm-6:15pm		Stage 4
6:10pm-6:40pm	Stage 1	
6:20pm-6:50pm		Stage 3

TUESDAY/THURSDAY LESSONS

6:00pm-6:30pm	Stage 1	Stage 3
6:35pm-7:05pm	Stage 2	Stage 1

Beginning September 25th

Ending October 19th

FALL/WINTER SESSION 2

MONDAY/WEDNESDAY LESSONS

5:00pm-5:30pm	Stage B	
5:00pm-5:40pm		Stage 4
5:35pm-6:05pm	Stage 1	
5:45pm-6:15pm		Stage 2
6:10pm-6:40pm	Stage 3	
6:20pm-6:50pm		Stage 3

TUESDAY/THURSDAY LESSONS

6:00pm-6:30pm	Stage 2	Stage 3
6:35pm-7:05pm	Stage 1	Stage 2

Beginning October 23rd

Ending November 16th

FALL/WINTER SESSION 3

MONDAY/WEDNESDAY LESSONS

5:00pm-5:30pm	Stage 3	
5:00pm-5:40pm		Stage 5/6
5:35pm-6:05pm	Stage 1	
5:45pm-6:25pm		Stage 4
6:10pm-6:40pm	Stage 1	
6:30pm-7:00pm		Stage 3

TUESDAY/THURSDAY LESSONS

6:00pm-6:30pm	Stage 2	Stage 3
6:35pm-7:05pm	Stage 1	Stage 2

Beginning November 27th

Ending December 20th

SATURDAY MORNINGS

SATURDAY LESSONS

8:30am-9:00am	Stage 1	Stage 2
9:05am-9:35am	Stage 1	Stage 2
9:40am-10:10am	Stage 3	
9:40am-10:20am		Stage 4

Beginning September 30th