



# Aikido of Champlain Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Children (ages 5-6) 9 - 9:30 am	Open Mat 9 - 10 am
					Children (ages 7 - 12) 9:45 - 10:45 am	Basics 10 -11 am
					All Levels 11 am - 12:15 pm	
	Introductory 12 - 1 pm	Basics 12 - 1 pm	Introductory 12 - 1 pm			
Children (ages 5-6) 4 - 4:30 pm	Children (ages 7-9) 4 - 5 pm	Children (ages 7 -12) 4 - 5 pm	Children (ages 10-12) 4 - 5 pm	Teens 4 - 5 pm		
Open Mat 5 - 5:30 pm	Open Mat 5 - 5:30 pm	Open Mat 5 - 5:30 pm	Open Mat 5 - 5:30 pm	Open Mat 5 - 5:30 pm		
Basics 5:30 - 6:30 pm	All Levels 5:30-6:30 pm	Advanced* 5:30 - 6:45 pm	All Levels 5:30-6:30 pm	Intermediate Weapons* 5:30 - 6:45 pm		
Basic Weapons* 6:45 - 7:45 pm	Introductory 6:45 - 8 pm	Iaido* 7 - 8 pm	Introductory 6:45 - 8pm			

## Fall 2011 Schedule

**ADULT INTRODUCTORY CLASSES MEET ON TUES/THURS at 6:45PM.**

**Adult Class Descriptions:** **Open Mat:** Informal Aikido practice supervised by senior students. **Introductory:** For new Aikido students only. Small classes allow for individual attention. **Basics:** emphasis on basic forms, open to all levels. **All levels:** For students with basic knowledge of footwork and falling. Students with less than one month of experience require permission before attending. **\*Advanced Levels / \*Weapons:** These classes are open by permission of the Chief Instructor. Advanced classes include **Zazen** -- seated meditation. **\*Muso Shinden Ryu Iaido:** the way of quick-draw swordsmanship. Roughly translated, Iaido means: the way of integrating mental presence with immediate action. **Samurai Youth Program** offers classes for children ages 7-12 and teens ages 13-17. The goal of SYP is to create a more sustainable community and a peaceful world through the practice of Aikido, conflict resolution, and bully awareness and prevention strategies. Scholarships available. Ask about our mentoring program and special discounts. **Pre-school Classes** ages 5-6. Please contact us regarding membership rates and special discounts. Visitors are always welcome at Aikido of Champlain Valley.

**257 Pine Street | Burlington, VT | 802-951-8900 | [www.burlingtonaikido.org](http://www.burlingtonaikido.org)**

Aikido of Champlain Valley is a federal 501(c)(3) not-for-profit organization. We do not discriminate on the basis of race, religion, ethnicity, national origin, gender or sexual orientation in our admissions or employment.

