



Zanshin Self Defense Academy
(516) 364-1912
Head Instructor: Karen Lamb
Summer Schedule - as of 6/21/21



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

		5:30 - 6:15	6:30 - 7:15	7:30 - 8:15	
Monday		Pee Wee White to Yellow	Junior Yellow & Higher	BLACK BELT CLUB	
		5:30 - 6:15	6:30 - 7:15	7:30 - 8:30	
Tuesday			Junior White & Higher	Adult Open	
		5:30 - 6:15	6:30 - 7:15	7:30 - 8:30	
Thursday			Junior Yellow & Higher	Adult Open	
		9:30 - 10:15	10:30 - 11:15		
Saturday		Pee Wee White & Higher	Junior White & Higher		

*Please check announcement board for all school closings and holidays!
Sensei Karen has the right to change the class schedule based on class participation.
Look us up at zanshinselfdefense.com*

