



Aikido of Champlain Valley

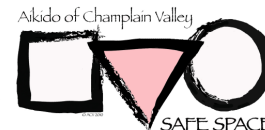
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Children Basic Ages 7-12 9-10am	Open Mat 9 – 10 am
					Children Intermediate Ages 7-12 10-11 am	Adult Basics 10 -11:15 am
		Adult Basics 12 – 1 pm			Adult All Levels 11 am – 12:15 pm	Brunch 11:30am – 1 pm
	Children Ages 7-12 4 - 5 pm	Children Ages 7-12 4 - 5 pm			laido Free Practice 12:30 pm – 1:30 pm	
Open Mat 5 – 5:30 pm	Open Mat 5 – 6 pm	Open Mat 5 – 5:30 pm		Open Mat 5 – 5:30 pm		
Aiki-Weapons 5:30 -6pm		Aiki-Weapons 5:30 -6pm	Aiki-Weapons 5:30 -6pm	Adult All Levels 5:30 -6:45 pm		
Adult All-Levels 6– 7:15 pm	Adult Basics 6– 7:15 pm	Adult All-Levels 6– 7:15 pm	Adult Basics 6– 7:15 pm			
		laido 7:15-8pm	Zazen 7:30-8pm			

March 2017 Schedule

Adult Class Descriptions: Open Mat: Informal Aikido practice supervised by senior students. Basics: Beginners welcome! Emphasis on basic forms, falling and rolling. All levels: Faster-paced classes, beginners welcome! *Intermediate Levels / *Weapons: These classes are open by permission of the Chief Instructor. Aiki-Conditioning: develop core power and strength essential to Aikido training through conditioning exercises. Zazen: seated meditation, open to all. laido: art of the sword, by instructor permission. Special equipment required.

257 Pine Street | Burlington, VT | 802-951-8900 | 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.





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ACV Youth Program offers classes for children ages 7-12 and teens ages 13-17.

Please contact us regarding membership rates and special discounts. Visitors are always welcome at Aikido of Champlain Valley.

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