


# CHINESE MARTIAL ARTS & EDUCATIONAL CENTER

TJ LOTUS, INC.

520 Bedford Road Pleasantville, NY 10570

914.741.2710

[www.cmaec.com](http://www.cmaec.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00-11:00AM TAI CHI		10:00-11:00AM TAI CHI-Adv	3-4 YR 9:00 - 9:30 AM 5 - 11 YR 9:40 - 10:20
	4:00-4:30 MINI BASIC FAMILY	4:00-4:45 PM TIGER TEAM	4:00-4:30 MINI BASIC FAMILY		10:30-11:15 AM TIGER TEAM
	4:30-5:30 JR BASIC FAMILY	4:45-5:45 JR INT	4:30-5:30 JR BASIC FAMILY	4:45-5:45 JR INT	11:15-12:00 PM TAI CHI
6:30-7:30 TAI CHI	6:30-8:00 ADULT KF All	5:45 - 6:30 Jr. Black Sash	Black Sash 5:30-6:30		12:00- 1:00pm PM CKB II
CKB/Shuai Jiao By invitation	8:00 - 9:00 Xing yi & Bagua I		6:30-7:30 11-16 KF		1:00 - 2:00 PM WU SHU A/B
			7:30-8:30 ADULT KF All		

**Schedule Effective April. 1<sup>st</sup> 2012**

**\*Please be advised that all Basic classes are 30 minutes.**

**The extra time is for Leadership/Advanced programs.**

**\*\* Saturday programs yields to special seminars.**

All students should arrive to class 10 minutes early to warm-up and stretch out.

Street shoes and jewelry are not permitted on the training floor. Training shoes are to be worn only in class.

Prepare for class quietly. Especially during the Tai Chi classes.

DO NOT DISTURB CLASSES THAT ARE IN SESSION/ Please turn all cell phones to vibrate.

Label all uniforms and equipment with your last name.

Keep uniforms clean, neat, & odor free. **Do not wash sash.**

Respect should always be shown to your instructors and fellow students.

During Class all students must receive permission from an instructor to come onto & off of the training floor.

Please place all of your belongings in the lobby or neatly lined up along the front wall of class.

Attend class on a regular and consistent schedule and make up all missed classes promptly.

Check the announcement board or website for monthly events and reminders

**\*\*\*\*NO EATING OR CELL PHONES/LAPTOPS IN LOBBY\*\*\*\***

**Check the website for events, closings and news!  
Please make sure Sifu has your email address for school updates.**

[www.CMAEC.com](http://www.CMAEC.com)

[info@cmaec.com](mailto:info@cmaec.com)

## Is Your Child's Birthday Coming Soon?!

A CMAEC Birthday is a creative and safe way for your child to have a great memorable birthday party.

**Fun & Educational!**

**We take care of everything!**

We provide the Invites, Pizza, Juice, and essentials... Just bring a cake!

90 min.

\$150 for 10 children  
\$12 for each additional child