


# SEIDO WESTCHESTER WEEKLY SCHEDULE: IN-PERSON CLASSES

Updated: March 18, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:30am-10:15am Pee Wees/Juniors Sensei Carl Sensei Michael	<u>CLOSED</u>
					10:30am-11:30am Youth Sensei Carl Sensei Michael	
					11:45am - 12:45pm All Adults Sensei Carl Sensei Michael	
12:00pm-1:00pm Color Belts (Live Feed) Nidaime	12:30pm-1:30pm All Belts Sensei Nadav		12:30pm-1:30pm All Belts (Live Feed) Sensei Nadav			
1:00pm-2:00pm Black Belts (Live Feed) Nidaime						
4:15pm-4:45pm Trial Class	4:30pm-5:15pm PeeWees/Juniors Sensei Meg	4:30pm-5:15pm Jr Adv Blue+ Kata Sensei Michael	4:30pm-5:15pm PeeWees/Juniors Nidaime			
5:00pm-5:45pm Junior/Youth Adv White-Adv Yellow Sensei Nadav	Sensei Nadav	5:15pm-6:00pm Youth Blue+ Kata Sensei Michael	Sensei Ed Sensei Meg			
5:50pm-6:35pm Youth/Teens Green & Above Sensei Nadav	5:30pm-6:30pm Youth Sensei Carl Sensei Nadav	6:00pm-7:00pm All Belts Sensei Ed Sensei Michael	5:20pm-6:20pm Youth Nidaime Sensei Ed	5:30pm-6:15pm Junior/Youth Sensei Ed		
6:45pm-7:30pm Kumite (Green Belt+) Sensei Nadav	6:30pm-7:15pm Shodan & Nidan (Black Belts) Sensei Nadav	7:00pm-7:45pm Stretching Sensei Ed	6:30pm-7:15pm Junior/Youth Kumite (Green+) Sensei Ed	6:30pm-7:30pm All Adults Kaicho		
7:30pm-8:15pm Kata (Yellow Belt+) Sensei Nadav		7:45pm-8:30pm Kumite (Green+)* Sensei Ed	7:15pm-7:45pm Black Belts Nidaime	7:30-8:15pm Kumite or Meditation** Kaicho		
					(Meditation is only on the last Friday of the month. Kumite is offered all other Fridays.)	

 Kid's Classes

 Adult Classes

**(Live Feed)** = These Adult Classes are in-person; however, we will set up a camera to live stream the class on our Seido Mobile Dojo (private Facebook group page).

\*Kumite Class is for Green Belts and Above. This class will start with more basic kumite drills and build up to kumite with a partner. Participation is required for all Green Belts+ in order to test for promotion.

\*\*Meditation Class is once a month, on the *last* Friday of the month. Meditation Class will continue to be taught by Kaicho. All other Fridays will have a 7:30pm Kumite Class for Green Belt+ students following the 6:30pm Class.

**Note: ONLINE REGISTRATION IS MANDATORY FOR ALL IN-PERSON CLASSES. It allows both you and the staff to keep track of your/your child(ren)'s attendance. Osu.**