

July

SPECIAL NOTICE

SUMMER DRESS CODE - Students are welcome to wear loose, black shorts, with no colors or designs. Shorts should NOT have pockets. Kung fu pants can be converted into shorts, but need to be neatly hemmed. Spandex/bike shorts are not allowed.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FOLLOW SIFU IN CHINA ON FACEBOOK!</p> <p>Sifu Scott and several students will be traveling and training in China from July 26 through August 6. He will be posting "notes" about his adventures on Facebook during his trip. Become a "fan" of "Jade Forest Kung Fu of Rockland" to get regular updates.</p> 			<p><i>Jade Forest</i></p> <p>781-871-9062</p>			<p>1</p> <p>NO KUNG FU NO PEE WEES</p> <p>Tai Chi - 11:15–12:00</p>
<p>2</p>	<p>3</p> <p>NO CLASSES</p>	<p>4 INDEPENDENCE DAY</p> <p>★ NO CLASSES ★</p> <p>★</p>	<p>5</p> <p>Adults - 8:30–9:30 am NO JUNIORS Adults - 6:00–7:00 Tai Chi Broad Sword- 7:00 Tai Chi - 7:30–8:30</p>	<p>6</p> <p>Tai Chi Practice Class - 6:45am Adults - 6:00–7:00 NO 7:30 KUNG FU</p>	<p>7</p> <p>Tai Chi - 7:30–8:30 am Adults - 8:30–9:30 am NO JUNIORS NO 6:00 KUNG FU</p>	<p>8</p> <p>Adults - 9:30–10:30 am Pee Wees - 9:30–10:10 am Tai Chi - 11:15–12:00</p>
<p>9</p> <p>GEEK-FIT 12:00pm</p>	<p>10</p> <p>Adults - 8:30–9:30 am Adults - 6:00–7:00 Tai Chi - 7:30–8:30</p>	<p>11</p> <p>Tai Chi Practice Class - 6:45am Kids - 4:30–5:30 Adults - 6:00–7:00 GEEK-FIT - 7:15–8:15</p>	<p>12</p> <p>Adults - 8:30–9:30 am Juniors - 4:30–5:30 Adults - 6:00–7:00 Tai Chi Broad Sword- 7:00 Tai Chi - 7:30–8:30</p>	<p>13</p> <p>Tai Chi Practice Class - 6:45am Adults - 6:00–7:00 Adults - 7:30–8:30</p>	<p>14</p> <p>Tai Chi - 7:30–8:30 am Adults - 8:30–9:30 am Kids & Juniors - 4:30–5:30 (Kids & Jr. Sparring) Adults - 6:00–7:00</p>	<p>15</p> <p>Adults - 9:30–10:30 am Pee Wees - 9:30–10:10 am Tai Chi - 11:15–12:00</p>
<p>16</p> <p>Shaolin Sunday 9 - 11am GEEK-FIT 12:00pm</p>	<p>17</p> <p>Adults - 8:30–9:30 am Adults - 6:00–7:00 Tai Chi - 7:30–8:30</p>	<p>18</p> <p>Tai Chi Practice Class - 6:45am Kids & Juniors Forms Camp 9:30–12:00 Kids - 4:30–5:30 Adults - 6:00–7:00 GEEK-FIT - 7:15–8:15</p>	<p>19</p> <p>Adults - 8:30–9:30 am Kids & Juniors Forms Camp 9:30–12:00 Juniors - 4:30–5:30 Adults - 6:00–7:00 Tai Chi Broad Sword- 7:00 Tai Chi - 7:30–8:30</p>	<p>20</p> <p>Tai Chi Practice Class - 6:45am Kids & Juniors Forms Camp 9:30–12:00 Adults - 6:00–7:00 Adults - 7:30–8:30</p>	<p>21</p> <p>Tai Chi - 7:30–8:30 am Adults - 8:30–9:30 am Kids & Juniors - 4:30–5:30 Adults - 6:00–7:00</p>	<p>22</p> <p>Adults - 9:30–10:30 am Pee Wees - 9:30–10:10 am Tai Chi - 11:15–12:00</p>
<p>23/30</p> <p>GEEK-FIT 12:00pm</p>	<p>24/31</p> <p>Adults - 8:30–9:30 am Adults - 6:00–7:00 Tai Chi - 7:30–8:30</p>	<p>25</p> <p>Tai Chi Practice Class - 6:45am Kids - 4:30–5:30 Adults - 6:00–7:00 GEEK-FIT - 7:15–8:15</p>	<p>26</p> <p>Adults - 8:30–9:30 am Juniors - 4:30–5:30 Adults - 6:00–7:00 Tai Chi Broad Sword- 7:00 Tai Chi - 7:30–8:30</p>	<p>27</p> <p>Tai Chi Practice Class - 6:45am Adults - 6:00–7:00 NO 7:30 KUNG FU</p>	<p>28</p> <p>NO MORNING CLASSES Kids & Juniors - 4:30–5:30 Adults - 6:00–7:00</p>	<p>29</p> <p>Adults - 9:30–10:30 am Pee Wees - 9:30–10:10 am Tai Chi - 11:15–12:00</p>