

## LAKES SCHOOL TIMETABLE 2023

DAY	SESSION TIMES	MAT#1	JUDO LESSON	MAT#2	JUDO LESSON
	10 – 10:15	<i>Introductions and warm up</i>			
		<b>COACH</b>		<b>COACH</b>	
<b>SATURDAY A.M.</b>	10.15 - 11.15	S Barton	Primary / Junior Judo <4 <sup>th</sup> kyu	Dave Reveley	Senior Judo
<b>Break</b>	11:15 -11.30				
<b>SATURDAY A.M.</b>	11:30-12.30	Dale Fenwick	Junior Judo	John Barton	Senior Judo
<b>LUNCH</b>	12.30 – 1.30				
<b>SATURDAY P.M.</b>	1.30 – 2.45	Rhys Hudson	General Judo	Len Witts	Kata, shidosha dai ichi, Grading Theory Assessments
<b>Break</b>	2:45 – 3.00				
<b>SATURDAY P.M.</b>	3.00 - 4.00	Dave Reveley / Dale Fenwick	Newaza	Len Witts	Kata, shidosha dai ichi, Grading Theory assessments
<b>SATURDAY EVENING</b>	6:30pm onwards	<b>Licensed Social Evening at Staveley Pavilion Food available -Pasta, Cottage Pie, Corned Beef &amp; Pot Pie, Hot Dogs etc. Veg options available</b>			
<b>SUNDAY A.M.</b>	10.00 – 11.15	Alan Carlisle	General Judo	John Barton & Len Witts	Grading Primary / Juniors up to 4 <sup>th</sup> Kyu
<b>Break</b>	11:15 – 11:30				
<b>SUNDAY A.M.</b>	11:30 – 12.30	Dave Reveley & Dale Fenwick	General Judo	John Barton & Len Witts	Grading Juniors 3 <sup>rd</sup> kyu & above
<b>LUNCH</b>	12:30 – 1.15				
<b>SUNDAY P.M.</b>	1.15 - 3.00	S Barton / M Collins / N Elliott	General Judo / Watch pools	John Barton & Len Witts	Grading competitive pools Junior / Senior

**Instructors:** Alan Carlisle 6<sup>th</sup> Dan, Rhys Hudson 6<sup>th</sup> Dan, Len Witts 5<sup>th</sup> Dan, Dave Reveley 5<sup>th</sup> Dan, John Barton 5<sup>th</sup> Dan, Dale Fenwick 3<sup>rd</sup> Dan, S Barton 2<sup>nd</sup> Dan