

# 2009 Stunts Are Us Session Schedule\*

revised 8/3/09

- AUGUST 13-16** Garage Sale; Need donations and volunteers to move items the first & last day. Thu 13 & Fri 14, 9am-6pm / Sat 15th, 9am-4pm / Sun 16th, 1pm-4pm.
- AUGUST 15** 10am - 2pm Beautification Day; paint chairs, hang signs & photos, move equipment.
- AUGUST 22** 12-1 Children's headshots, \$150 (Stunt Grads compile Talent Directory), 1-2 Adult Headshots, \$150. 2-3:30 Fight Practice, \$29\* 3:30-5 Explosion Practice, \$29\*. (\*for SAU Stunt Grads).
- SEPTEMBER 13** 1-5pm. Annual Karate Tournament & "Behind the Scenes Martial Arts and the Movies" Workshop (\$29). \$5 entry fee per division. Spectators from age 6 to adult, \$1.00
- SEPTEMBER 19 & 26** 8am-8:30 Hula Dance, \$10 / 8:30-9:30 Morning Yogacize (yoga pilates type exercise), \$10. 9:30-10 Kick Boxing & Karate Student Exercise, \$5 / 10-11 Basic to Intermediate Karate & Throws, \$10 / 11-12pm Stage Fights, \$25 / 12-12:30 Nutritional Eating, \$5 / 12:30-1:30 Explosions, \$25 / 1:30-2:30 Career Advice, \$50 / 2:30-4:30 Rappelling, \$50.
- OCTOBER 8, 15, 22, 29** 12-12:50 Youth Karate, \$5 each day. 1-1:50 Eating for Wellness and Weight Loss, \$5 each day.
- OCTOBER 17** See Sept 19 & 26.
- OCTOBER 31** 8am-8:30 Hula Dance, \$10 / 8:30-9:30 Morning Yogacize (yoga pilates type exercise), \$10 9:30-10 Kick Boxing & Karate Student Exercise, \$5 / 10-11 Basic to Intermediate Karate & Throws, \$10 / 11-12pm Stage Fights, \$25  
1:00-3:00 Halloween Stunt Party. \$5 per person, per hour
- NOVEMBER 5 & 12** 12-12:50 Youth Karate, \$5 each day. 1-1:50 Eating for Wellness and Weight Loss, \$5 each day.
- NOVEMBER 14** 8am-8:30 Hula Dance, \$10 / 8:30-9:30 Morning Yogacize (yoga pilates type exercise), \$10. 9:30-10 Kick Boxing & Karate Student Exercise, \$5 / 10-11 Basic to Intermediate Karate & Throws, \$10 / 11-12pm Stage Fights, \$25 / 12-12:30 Nutritional Eating, \$5 / 12:30-1:30 Explosions, \$25 / 1:30-2:30 Career Advice, \$50 / 2:30-3:30 Adult CPR. \$35 / 2:30-4 Adult CPR w/1st Aid, \$49 / 2:30-4:30 Adult CPR, 1st Aid & Child, \$49.
- NOVEMBER 22** 1-2 and/or 2-3pm. "Sunday Afternoon Stunts." A healthy alternative to Saturday Morning Cartoons. Bounce on a 14' octagon trampoline, flip off a mini trampoline, jump off a "high fall" stair case. From age 2. The age 2-5 children will need their adult to spot.
- DECEMBER** No classes
- The Year 2010** More events resume in March. Call or email the numbers below for the 2010 calendar.

Maximum group size is 20. Registration confirmed on a first come, first served basis. Mail checks to Stunts Are Us, or online through Paypal (to [stuntsareus@gmail.com](mailto:stuntsareus@gmail.com)). Subject to change without notice.

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