



GC Class Schedule – Effective as of January 1, 2021

The **Safety and Health of our Students & Staff are of the utmost importance.** We will continue to monitor the health crisis along with the CDC & State Guidelines, and adjust our schedule to maximize the training opportunities, while keeping students & staff safe.

(***Training indoors is on a 'Reservation System'** to limit class size, and ensure 'social distancing' while training.

Face Masks are encouraged. Please refer to the reverse side of this Class Schedule, for Additional Information on Classes & CDC Guidelines. Thank you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2021</p> <p><u>INDOOR</u> Classes are on a 'Reservation System' to limit class size, and ensure 'social distancing' See reverse for more information.</p> <p><u>**OUTDOOR</u> Classes are held weather permitting! If the weather forecast indicates inclement weather that would be unsafe to train in, then OUTDOOR Classes may be cancelled, or moved indoors, and an email notification will be forwarded.</p>				 <p>INDOOR AND ONLINE Youth & Junior* Karate 9:00-9:45 AM All Rank Levels (*Jr dismissal @ 9:30 AM)</p>	
			INDOOR AND ONLINE WEAPONS: Youth 4:15-4:55 PM		INDOOR AND ONLINE Adult & Teen Karate All Rank Levels 10:15-11:15 AM
INDOOR Youth Karate ALL Rank Levels 5:00-5:45 PM	INDOOR AND ONLINE Youth & Junior* Karate All Rank Levels 3:45-4:30 PM (*Jr Dismissal @ 4:15 PM)	INDOOR AND ONLINE Youth & Junior* Karate Beginner & Novice Levels 5:00-5:45 PM (*Jr dismissal @ 5:30 PM)	INDOOR AND ONLINE Youth Karate Intermediate & Advanced Levels 5:00-5:45 PM		
INDOOR Adult & Teen Karate ALL Rank Levels 6:00-7:00 PM	INDOOR AND ONLINE Teen Karate All Rank Levels 4:45-5:45 PM INDOOR AND ONLINE Adult Karate All Rank Levels 6:00-7:00 PM	INDOOR AND ONLINE Adult & Teen Karate Beginner & Novice Levels 6:00-7:00 PM	INDOOR AND ONLINE Adult & Teen Karate Intermediate & Advanced Levels 6:00-7:00 PM	Special Events	(WEAPONS: To attend weapons classes, students must be enrolled in the weapons program. For more information, please contact the office. Thank you)
		INDOOR AND ONLINE WEAPONS: Adult & Teen 7:10-8:10 PM			

AGE LEVELS – JUNIOR [5-6 years old], **YOUTH** [6-11 years old], **TEEN** [12-15 years old], **ADULT** [16+ years old]

RANK LEVELS - For training purposes, and to maximize the benefits of training, students should train in AGE & RANK Level appropriate classes.

Exception: Students may attend classes designated for their current Rank Level, or previous Rank Levels. [ex.a youth Brown Belt may attend a Youth Novice or Youth Beginner class]

BEGINNER=White, Purple, & Yellow Belts; **NOVICE**=Orange & Blue Belts; **INTERMEDIATE**=Green & Brown Belts; **ADVANCED**= Black Belts.

NOTES: For Holiday Closures & Upcoming Events, or to view the Class Schedule on-line, visit: www.goldencraneNH.com;

Email: goldencrane04@gmail.com **Website:** www.goldencraneNH.com

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Important CDC & State Guidelines – Please Read: Please **do not attend class** if you have a cough, fever, fatigue or body aches; **Do not attend class** if you have traveled outside of NH, VT or ME in public transportation; **Do not come to class** if you have traveled internationally, or been on a cruise ship, in the last 14 days; **Do not come** to class if you have been exposed to a person suspected or confirmed to have COVID -19 in the last 14 days.

- **ONLINE Classes are conducted via a ZOOM Link**, which will be forwarded to Students & Parents at the beginning of each week. The ZOOM Link & Password are also available in our 'Members Only' area of the website!
- **IN-PERSON (OUTDOORS) Classes** at the Golden Crane will be held WEATHER PERMITTING: If an Outdoors class is cancelled due to weather, the class may be cancelled, or moved indoors. EMAILS will be forwarded to each student/family in a timely manner, so that you have sufficient notification of the change.
- **IN-PERSON (INDOORS) Classes** at the Golden Crane will be held following ALL CDC & STATE GUIDELINES, including (but not limited to), cleaning & sanitizing before & after classes, hand sanitizer will be available in multiple locations throughout the school; **FACE MASKS** are encouraged; & LIMITING the number of students permitted to attend each indoor class through a 'reservation system'.

CLASS 'RESERVATION' SYSTEM:

- Students (& Parents of students) are asked to select which INDOOR Classes they prefer to attend, for training, and then email us (goldencrane04@gmail.com) to let us know. Selecting classes can be done on a weekly basis, so that students can attend different classes as their schedule requires; or if you know your schedule and plan to attend a class regularly, we can reserve a specific class for the month. Once a class reaches its student limit, we will 'CLOSE' the class to any additional students.
- Cancellations: If you or your child are scheduled to attend a class, but for some reason that evening your plans change and you choose not to come, please contact the office, to let us know. This will open up an additional slot for a student to attend class.

ADDITIONAL NOTES:

- Students will not be granted access into the school until 10 minutes prior to the start time of their class. Please Social Distance.
- We ask parents and guardians to remain outside the building, when dropping off & picking up their child, minimizing traffic flow inside.
- Inside the student entryway a ONE WAY direction is clearly marked, encouraging a natural flow of students to enter the school to the Right, leave their shoes, and continue in the same direction to ENTER the Training Floor.
- **Private Classes** may be scheduled INDOORS, OUTDOORS (@ GC), or ONLINE (Via ZOOM Link).
- **Students, please wear your uniform to class**, as changing rooms will not be available for use.
- There will **No Contact permitted between students** (including sparring);
- Students are **required to maintain at least 6'-8' apart** at all times (unless they are family members, who currently interact at home). The Dojo floor has been marked to assist students with social distancing.
- **Training Indoors or Outdoors, Masks are encouraged. Hand sanitizer** will be available.

Thank you for your support!

Your safety, and the safety of the instructors is paramount in our minds as we endeavor to find the best possible schedule to allow students to safely train! If you have questions, please reach out to us!

Be well. Diane & Lee

email: Goldencrane04@gmail.com / www.goldencraneNH.com