

## Golden Crane Class Schedule (Updated: 1/ 4/26)

The **Golden Crane Class Schedule** is also available to view **ONLINE** (visit [www.goldencraneNH.com](http://www.goldencraneNH.com)); Please note - on occasion our Class Schedule may be altered, due to Holiday Hours and Upcoming Special Events (please visit: [www.goldencraneNH.com](http://www.goldencraneNH.com), and follow the 'News & Events' link for details). Questions? Please email us: [goldencrane04@gmail.com](mailto:goldencrane04@gmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> All Rank Levels 11:00 AM-Noon			IN-PERSON  <b>Youth &amp; Junior* Karate</b> All Rank Levels 9:45-10:30 AM* <i>(*Junior dismissal @ 10:15 AM)</i>
					IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> All Rank Levels 10:45-11:45 AM
	IN-PERSON  <b>Youth &amp; Junior* Karate</b> All Rank Levels 3:45-4:30 PM <i>(*Junior Dismissal @ 4:15 PM)</i>	IN-PERSON  <b>Competition** Class</b> All Ages / All Rank Levels 4:00-5:00 PM	IN-PERSON  <b>Weapons Class: Youth &amp; Teen</b> 4:00-5:00 PM	<b>Special Events</b> <i>(as noted on the monthly activity calendar)</i>	IN-PERSON  <b>Competition** Class Session #1:</b> All Ages / All Rank Levels 11:45 AM-12:45 PM
IN-PERSON  <b>Youth &amp; Junior* Karate</b> ALL Rank Levels 5:00-5:45 PM  <i>(*Junior Dismissal @ 5:30 PM)</i>	IN-PERSON  <b>Teen Karate</b> All Rank Levels 4:45-5:45 PM	IN-PERSON  <b>Youth &amp; Junior* Karate</b> All Rank Levels 5:00-5:45 PM  <i>(*Junior dismissal @ 5:30 PM)</i>	IN-PERSON  <b>Youth &amp; Teen Karate</b> All Rank Levels 5:00-5:45 PM  <i>(*Junior dismissal @ 5:30 PM)</i>		IN-PERSON  <b>Competition** Class Session #2: Adults &amp; Teens</b> (Intermediate & Advanced Levels Only) 12:45-1:30 PM
IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> ALL Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE  <b>Iaido (Japanese Sword) Adult &amp; Teen</b> 6:00-7:15 PM	IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> All Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> All Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE  <b>Adult &amp; Teen Karate</b> All Rank Levels 6:00-7:00 PM	<b>Note:</b> For Competition Iaido, and/or Weapons Classes, Students must be enrolled in each of these separate programs. For more information on enrolling in these programs, please contact the office. Thank you.
	IN-PERSON <u>AND</u> ONLINE  <b>Adult Karate</b> All Rank Levels 7:20-8:20 PM	IN-PERSON  <b>Weapons Class Adult &amp; Teen</b> 7:10-8:10 PM		IN-PERSON <u>AND</u> ONLINE  <b>Iaido (Japanese Sword) Adult &amp; Teen</b> 7:00-8:15 PM	

**Age Levels:** JUNIOR [4 ½ - 6 years old], YOUTH [6-11 years old], TEEN [12-15 years old], ADULT [16+ years old]. Please note, for training purposes, and to maximize the benefits of training, students should train with their respective AGE Levels. Questions? Please speak with an instructor.

**Rank Levels / Belt Colors:** BEGINNER = White, Purple, & Yellow Belts; NOVICE = Orange & Blue Belts; INTERMEDIATE = Green & Brown Belts (3<sup>rd</sup> Kyu & 2<sup>nd</sup> Kyu); ADVANCED = Red (Youth), Brown (1<sup>st</sup> Kyu) & Black Belts

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