




Golden Crane Class Schedule - Effective as of January 1, 2023

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.

To view the **Golden Crane Class Schedule ONLINE**, or for a listing of **Holiday Hours & Upcoming Events**, visit: www.goldencraneNH.com, and follow the links.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					INDOOR AND ONLINE Youth & Junior* Karate 9:15-10:00 AM All Rank Levels (*Jr dismissal @ 9:45 AM)
			INDOOR AND ONLINE Weapons: Youth & Teen New 4:15-4:55 PM		INDOOR AND ONLINE Adult & Teen Karate All Rank Levels 10:15-11:15 AM
INDOOR Youth & Junior* Karate ALL Rank Levels 5:00-5:45 PM (*Jr Dismissal @ 5:30 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	New INDOOR Competition* Class All Ages & All Rank Levels 11:15 am-12:15 pm (*Class may be cancelled due to added events. See monthly activity calendar for details)	
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 New INDOOR AND ONLINE Iaido (Japanese Sword) 6:00-7:15 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	Note: Weapons & Iaido: To attend Weapons or Iaido classes, students must be enrolled in the program. For more information on these programs, please contact the office. Thank you.
	INDOOR AND ONLINE New Time Adult Karate All Rank Levels 7:20-8:20 PM	INDOOR AND ONLINE Weapons: Adult & Teen 7:10-8:10 PM			

Age Levels: JUNIOR [5 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.
BEGINNER=White, Purple, & Yellow Belts; **NOVICE**=Orange & Blue Belts; **INTERMEDIATE**=Green & Brown Belts;
ADVANCED=Red & Black Belts.

Notes: For Holiday Closures & Upcoming Events, or to view the Class Schedule online, visit: www.goldencraneNH.com.

Email: goldencrane04@gmail.com

Website: www.goldencraneNH.com