

## Golden Crane Class Schedule (effective as of 10/ 1/26)

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<br><br><b>Adult &amp; Teen Karate</b><br>All Rank Levels<br>11:00 AM-Noon                             |                                                                                                                                |                                                                                                                    | IN-PERSON<br><br><b>Youth &amp; Junior* Karate</b><br>All Rank Levels<br>9:45-10:30 AM*<br><i>(*Junior dismissal @ 10:15 AM)</i>                                                                                        |
|                                                                                                                                   |                                                                                                                               |                                                                                                                                   |                                                                                                                                |                                                                                                                    | IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult &amp; Teen Karate</b><br>All Rank Levels<br>10:45-11:45 AM                                                                                                                  |
|                                                                                                                                   | IN-PERSON<br><br><b>Youth &amp; Junior* Karate</b><br>All Rank Levels<br>3:45-4:30 PM<br><i>(*Junior Dismissal @ 4:15 PM)</i> | IN-PERSON<br><br><b>Competition** Class</b><br>All Ages / All Rank Levels<br>4:00-5:00 PM                                         | IN-PERSON<br><br><b><u>Weapons Class:</u></b><br><b>Youth &amp; Teen</b><br>4:15-5:00 PM                                       | <b>Special Events</b><br><i>(as noted on the monthly student activity calendar)</i>                                | IN-PERSON <u>AND</u> ONLINE<br><br><b>Competition** Class</b><br>All Ages / All Rank Levels<br>11:45 AM-12:45 PM                                                                                                        |
| IN-PERSON<br><br><b>Youth &amp; Junior* Karate</b><br>ALL Rank Levels<br>5:00-5:45 PM<br><br><i>(*Junior Dismissal @ 5:30 PM)</i> | IN-PERSON<br><br><b>Teen Karate</b><br>All Rank Levels<br>4:45-5:45 PM                                                        | IN-PERSON<br><br><b>Youth &amp; Junior* Karate</b><br>All Rank Levels<br>5:00-5:45 PM<br><br><i>(*Junior dismissal @ 5:30 PM)</i> | IN-PERSON<br><br><b>Youth &amp; Teen Karate</b><br>All Rank Levels<br>5:00-5:45 PM<br><br><i>(*Junior dismissal @ 5:30 PM)</i> |                                                                                                                    | <b>Special Events</b><br><i>(as noted on the monthly student activity calendar)</i>                                                                                                                                     |
| IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult &amp; Teen Karate</b><br>ALL Rank Levels<br>6:00-7:00 PM                              | IN-PERSON <u>AND</u> ONLINE<br><br><b><u>Iaido (Japanese Sword)</u></b><br><b>Adult &amp; Teen</b><br>6:00-7:15 PM            | IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult &amp; Teen Karate</b><br>All Rank Levels<br>6:00-7:00 PM                              | IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult &amp; Teen Karate</b><br>All Rank Levels<br>6:00-7:00 PM                           | IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult &amp; Teen Karate</b><br>All Rank Levels<br>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.<br>For more information on enrolling in these programs, please contact the office. Thank you. |
|                                                                                                                                   | IN-PERSON <u>AND</u> ONLINE<br><br><b>Adult Karate</b><br>All Rank Levels<br>7:20-8:20 PM                                     | IN-PERSON<br><br><b><u>Weapons Class</u></b><br><b>Adult &amp; Teen</b><br>7:10-8:10 PM                                           |                                                                                                                                | IN-PERSON <u>AND</u> ONLINE<br><br><b><u>Iaido (Japanese Sword)</u></b><br><b>Adult &amp; Teen</b><br>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

Email: [goldencrane04@gmail.com](mailto:goldencrane04@gmail.com)

Website: [www.GoldenCraneNH.com](http://www.GoldenCraneNH.com)