


GC Class Schedule – Effective as of June 1, 2022

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.

We have temporarily suspended the 'Class Reservation System', but continue to **encourage 'social distancing' while training. Face Masks are encouraged,** but students who are fully vaccinated may choose to train without wearing a Face Mask.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer 2022					
					INDOOR AND ONLINE Youth & Junior* Karate 9:15-10:00 AM All Rank Levels <i>(*Jr dismissal @ 9:45 AM)</i>
			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 <i>(*Jr Dismissal @ 4:15 PM)</i>	INDOOR AND ONLINE Youth & Junior* Karate Beginner & Novice Levels 5:00-5:45 PM <i>(*Jr dismissal @ 5:30 PM)</i>	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; Please **Do not come** to class if you have been exposed to a person suspected or confirmed to have COVID -19 in the last 5 days. Please contact your health care provider for specific guidance. Thank you.

There is no single intervention that will stop spread of COVID-19, especially because the coronavirus can infect people and be spread both from people with symptoms of COVID-19 (including people who may only show very mild symptoms), and from people without any symptoms (“asymptomatic”). Therefore, implementing multiple layers of protection (i.e., layered mitigation measures) will be most effective at stopping COVID-19 from spreading.

Although not required, students are encouraged to wear Face Masks when training; Hand sanitizer is located in multiple areas of the school for students to use; social distancing is encouraged; and equipment and common surfaces are cleaned & sanitized after each class.

With your assistance, let's help keep each other safe.

- **ONLINE Classes are conducted via a ZOOM Link**, which is forwarded via email, and also posted on our school's website (visit the 'Members Only' area).
- **IN-PERSON (INDOOR) 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.
- **IN-PERSON (OUTDOOR) Classes** at the Golden Crane will be held WEATHER PERMITTING: If an Outdoor class is cancelled due to weather, the class may be cancelled entirely, or moved indoors. EMAILS will be forwarded to students in a timely manner, so that you have sufficient notification of the change.

ADDITIONAL NOTES:

- Students are asked to remain outside the school **until 10 minutes prior to the start time of their class**. This will allow us time to clean and sanitize the area.
- **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 INDOOR, OUTDOOR (@ GC), or ONLINE (Via ZOOM Link).
- **Changing Rooms (limited use): Students, please consider wearing your uniform to class**, to minimize contact with other students in a confined area. **The changing rooms are available to ADULT & TEEN Students, but Closed to YOUTH & JUNIOR students at this time.**
- 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