



Golden Crane Class Schedule - Effective as of January 1, 2024

The **Safety and Health of our Students & Staff are of the utmost importance.** We will continue to monitor all health concerns 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. Questions? Please email us: goldencrane04@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					IN-PERSON <u>AND</u> ONLINE Youth & Junior* Karate 9:15-10:00 AM All Rank Levels <i>(*Junior dismissal @ 9:45 AM)</i>
		IN-PERSON Competition** Class All Ages & All Rank Level 4:00-4:55 PM	IN-PERSON <u>AND</u> ONLINE Weapons: Youth & Teen 4:15-4:55 PM		IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate All Rank Levels 10:15-11:15 AM
IN-PERSON Youth & Junior* Karate ALL Rank Levels 5:00-5:45 PM <i>(*Junior Dismissal @ 5:30 PM)</i>	IN-PERSON <u>AND</u> ONLINE Youth & Junior* Karate All Rank Levels 3:45-4:30 PM <i>(*Junior Dismissal @ 4:15 PM)</i>	IN-PERSON <u>AND</u> ONLINE Youth & Junior* Karate Beginner & Novice Levels 5:00-5:45 PM <i>(*Junior dismissal @ 5:30 PM)</i>	IN-PERSON <u>AND</u> ONLINE Youth & Teen Karate Intermediate & Advanced Levels 5:00-5:45 PM		IN-PERSON Competition** Class All Ages & All Rank Levels 11:15 am-12:45 pm <small>(**Class may be cancelled due to added events. See monthly activity calendar for details)</small>
IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate ALL Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE Teen Karate All Rank Levels 4:45-5:45 PM IN-PERSON <u>AND</u> ONLINE Iaido (Japanese Sword) 6:00-7:15 PM	IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate Beginner & Novice Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate Intermediate & Advanced Levels 6:00-7:00 PM	Special Events	Note: To attend classes in Weapons, Iaido and/or the Competition Program, students must be enrolled in the program. For more information on these programs, and how to enroll, please contact the office. Thank you.
	IN-PERSON <u>AND</u> ONLINE Adult Karate All Rank Levels 7:20-8:20 PM	IN-PERSON <u>AND</u> 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, and follow the 'News & Events' Link. Thank you!