



Golden Crane Class Schedule - Effective as of September 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 <i>(*Jr dismissal @ 9:45 AM)</i> |
| | | | INDOOR AND ONLINE Weapons: Youth & Teen 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 <i>(*Jr Dismissal @ 5:30 PM)</i> | 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 Competition* Class All Ages & All Rank Levels 11:15 am-12:45 pm <i>(*Class may be cancelled due to added events. See monthly activity calendar for details)</i> |
| 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 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: 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. |
| | INDOOR AND ONLINE 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