

# **ADIRONDACK TAEKWONDO**

1593b Route 9 \* Clifton Park, NY 12065

518.373.0442 ADKTKD.com

## Fall Schedule 2020 in person, private and virtual lessons

<b>Class Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
11:00am-12:10		Homeschool & Mixed Ranks	Homeschool & Mixed Ranks		
2:30-3:30 pm	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	
3:30-4:10 pm	White-Blue	Blue-Red	White-Blue	Blue-Red	Grasshoppers
4:10-4:40 pm Virtual TKD		Zoom White-Blue		Zoom White-Blue	
4:30-5:10 pm	Black Belt Club	Black Belt Club Technique Tuesday's	Black Belt Club Workout Wednesday	Black Belt Club	Mixed Children
5:30-6:00 pm Virtual TKD		Zoom Purple-Black		Zoom Purple-Black	
5:30-6:10 pm	Grasshoppers 4-6 yr olds	Family Taekwondo	Grasshoppers 4-6 yr olds	Family Taekwondo	Family Taekwondo
6:20-7:00 pm	Children Mixed All ranks	Review Forms All ranks	Children Mixed All Ranks	Kicking Techniques & Strength training	
7:20-8:00 pm	Demonstration Team	Adult Taekwondo	Adult Taekwondo	Adult Taekwondo	

We have *ADAPTED, UPGRADED and INNOVATED* so we may continue to bring the benefits of Taekwondo to you and your family.

Please sign-in, have your temperature checked, apply hand sanitizer, masks are mandatory & please maintain social distance.

Space between classes = less gathering time and allows for more cleaning.

Class sizes are limited. Students who schedule lessons at: <https://booking.appointy.com/ADKMaster> are guaranteed their class times.

Students should arrive five min early and wearing their uniform and belt.

All students need their own water bottle and labeled with their name.

ADIRONDACK Taekwondo students and families are the BEST! Thank you for your continued support!