









ADIRONDACK TAEKWONDO

1593b Route 9 * Clifton Park, NY 12065

518.373.0442 ADKTKD.com



Spring Schedule 2021 in person, parkour, private and virtual lessons

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-10:45 am					
11:00-11:40 am		Homeschool & Mixed Ranks		Homeschool & Mixed Ranks	
2:30-3:30 pm	Private lesson & Semi-private lessons available.	Private lessons & Semi-private lessons available.	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	
2:45-3:15 pm					
3:30-4:15 pm	White-Blue	Blue - Red	White-Blue	Blue – Red	Grasshoppers 3:30-4:00 pm
4:15-5:00 pm					Children Mixed All Ranks
4:30-5:15 pm	Black Belt Club	Black Belt Club Technique Tuesday's	Black Belt Club Workout Wednesday	Black Belt Club	
5:10-5:40 pm Virtual TKD					
5:30-6:10 pm	Grasshoppers 4-6 yr olds		Grasshoppers 4-6 yr olds	Children Mixed All Ranks	
6:20-7:00 pm	Children Mixed All ranks	Review Forms All ranks	Children Mixed All Ranks	Kicking Techniques & Strength training	Birthday Parties & Special Parkour Friends Hangouts
7:15-8:00 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 & foot sanitizer, masks are mandatory & please maintain social distance.

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

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

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

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

Parkour Ninjas is an extension of our Taekwondo program and available for Birthday parties, friend hangouts, summer camps and more.

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