



ADIRONDACK TAEKWONDO

1593b Route 9 * Clifton Park, NY 12065
518.373.0442 ADKTKD.com

Summer Schedule 2020

Effective: Monday, July 6, 2020



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am	Outdoor White-Blue		Outdoor White-Blue		
10:30 am	Outdoor Purple-Black		Outdoor Purple-Black		
4:30 pm	White-Orange	Zoom White – Blue	White-Orange	Zoom White – Blue	
5:30 pm	Green-High Blue	Zoom Purple – Black	Green – High Blue	Zoom Purple – Black	Outdoor Family Taekwondo Session TBA
6:00 pm		Purple – Brown		Purple - Brown	
6:30 pm	Purple – High Red		Purple – High Red		
7:00 pm		Rec. Black – Black		Rec. Black - Black	
7:15 pm	Outdoor Demo Team		Outdoor Review Forms		
7:45 pm		Adult TKD Training		Adult TKD Training	

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[zoom](#)



- Our schedule is based on required social distance to keep our students healthy and safe while training.
 - Masks are mandatory while in the building.
 - Arrive wearing your uniform or t-shirt and belt. Bring your water bottle with your name on it.
 - Contactless temperature checks for all entrants into the Taekwondo School (for a few weeks).
 - Students will disinfect hands with sanitizer and feet with defensive soap before class.
 - Training squares will be assigned to each students – spacing will be 9+ feet apart.
 - As always school amenities will be thoroughly disinfected between classes.
- We encourage drop-off and pick-up but seating is available on a very limited basis. Thank you for wearing your mask and maintaining social distance while in the school.
- Virtual Zoom lessons are available on Tuesday and Thursdays. Please visit our private Facebook group: ADK TKD LIVE for zoom meeting numbers are email Master Yuhasz at: godabike@yahoo.com

Please remember that you are welcome to train in-person when you are...

14 Days with NO symptoms

14 Days with NO travel outside of our country

14 Days with NO contact with anyone who is sick

We are enrolling new students for our reopening.
 \$39.95 includes a free uniform and two weeks of lessons
 Contact us at ADKTKD.com (518) 373-0442