



2020 FALL I SCHEDULE

September 8, 2020 to October 24, 2020

Youth & Adult Karate Classes

12 Student Limit Per Youth Class
7 Student Limit Per Tween & Adult Class
(Register for two classes)

White Belt Class

Monday, Wednesday, & Friday at 3:45pm
Saturday at 10:30am

Yellow & Orange Belt Class

Tuesday & Thursday at 3:45pm
Wednesday at 4:45pm
Saturday at 11:30am

Green & Blue Belt Class

Monday, Tuesday,
Thursday, & Friday at 4:45pm

Brown & Black Belt Class

Tuesday & Thursday at 2:45pm
Tuesday & Thursday at 5:45pm

Tween & Adult Class

Monday & Wednesday at 12:00pm
Monday, Wednesday, Friday at 5:45pm
Saturday at 8:00am



(These classes will also be streaming on Zoom)

Lil Dragons Classes

(5 to 7 year of age)

6 Student Limit Per Class
(Register for one class)

Monday at 3:00pm
Saturday at 9:00am or 9:45am

(These classes will also be streaming on Zoom)



IMPORTANT INFORMATION:

Size Limitations: 12 student limit per youth class
7 student limit per tween & adult class
6 student limit per lil dragons class
(Only one parent and/or guardian may attend a Lil dragons class)

Health/Temperature Checks: Health/temperature screenings will be administered before participating. Please arrive 15 minutes before the class begins. Any staff or member with a fever of 100 degrees or higher will be asked to leave and not return until fever-free

Waiver: Members will be required to sign an updated membership waiver including language specific to COVID-19.

Face Coverings: Required for students and staff when a minimum safe distance of 6 feet cannot be maintained.

Gear: Students need to change into their karate uniform prior to arriving for class.

Viewing Area Access: The viewing area will not be available during the youth and adult classes. Parents and students will have access to view the classes on Zoom. The viewing area will be available during the Lil Dragons class, however there may only be on parent or guardian per child in the viewing area at one time.

Kobudo Class

7 Student Limit

Sunday at 12:30pm



KARATE & KOBUDO FEES

(All fees are for a seven week session)
(Ask our welcome desk about our different membership options)

<u>LIL DRAGONS:</u>	\$40.00 for members/\$50.00 for non-members
<u>YOUTH CLASSES:</u>	\$75.00 for members/\$90.00 for non-members
<u>ADULT CLASSES:</u>	\$90.00/Free with an Adult Membership
<u>KOBUDO LESSON:</u>	\$75.00 for youth & adults for a seven week session \$60.00 with a SMART membership



Club "NAHA" Karate-Do
Boys & Girls Clubs and YMCA of Greater Waterville
at the **Alfond Youth & Community Center**
126 North Street, Waterville, Maine 04901
P: 207.873.0684 F: 207.861.8016 ClubAYCC.org

