

# CLASS SCHEDULE

Effective date: June 4, 2022

Type	Belt / Rank	MON	TUE	WED	THU	FRI	SAT
<b>Private Lessons</b>	Physical/Technical training, Self-defense, Special education, etc.	30 or 45 minute lessons reserved on a monthly basis outside of group lessons					
<b>Summer Camp (K-6)</b>		Taekwondo, fun and educational activities, field trips					
<b>Group Lessons</b>	White - Green				6:00 pm		10:30 am
	Purple - Super Brown		6:00 pm		6:30 pm		9:45 am
	Red - Semi Black			6:00 pm			9:45 am
	Black Belts		6:40 pm	6:40 pm			9:45 am



TIGEREYE TAEKWONDO

## SOCIAL DISTANCE PRACTICE NOTES

- If you or someone in your family are feeling sick, stay home
- Change your clothes at home
- Use the bathroom at home
- Bring your own filled water bottle
- Wear a mask and ensure it covers your nose and mouth during training
- Use hand sanitizer to clean your hands
- Get your temperature taken before entering the training mat

## IMPORTANT NOTES FOR MEMBERS

- Student manuals, belt testing forms, and curriculum videos/ audios can be accessed through the Student Portal
- Bring your sparring gear/bag every class
- Clean your feet before coming to class
- Practice your curriculum/techniques for at least 15 minutes everyday
- Class attendance is one of the Belt Testing requirements:
  - Attend at least 2 lesson each week per belt term
  - Missed training sessions can be rescheduled before the upcoming belt promotion test, if space is available
- An absence of over 2 weeks may affect your promotion to the upcoming belt promotion test
- There will be no lessons on days of belt testing, ceremonies, special events, and holidays- there will be no make up classes for these days
- In the case of inclement weather conditions or any emergency situations, regular classes may be cancelled. An email will be sent out as well as a 'Team Tigereye' Facebook post with our updated schedule

9878 Main Street, Fairfax, VA 22031

www.gotigereye.com / info@gotigereye.com / (703) 503-3000