

CLASS SCHEDULE

Effective date: August 21, 2023

Type	Belt / Rank	MON	TUE	WED	THU	FRI	SAT
Private Lessons	Physical/Technical training, Self-defense, Special education, etc.	30 or 60 minute lessons reserved on a monthly basis outside of group lessons					
Before School Care	KG-6th Grade	7:30 am - School Start					
After School Care		School Dismissal - 6 pm: Taekwondo lesson at 5:15 pm					
Group Lessons	White - Yellow				6:00 pm		10:30 am
	Orange - Super Blue		6:00 pm		6:30 pm		9:45 am
	Blue - Semi Black			6:00 pm	6:30 pm		9:45 am
	Black Belts		6:40 pm	6:40 pm			9:45 am
	Teens & Adults		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 is optional
- 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

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