



## NEW GUIDELINES

### Our Commitment to you:

The studio will be thoroughly cleaned after each client and or class:

- All surfaces will be sprayed or wiped with disinfectant
- Bathroom surfaces and floors will be cleaned with disinfectant
- Floors will be mopped with disinfectant
- Anti-bacterial hand soap and hand sanitizer will be available at all times

### What we expect from you:

- If you feel ill – stay home
- If you look, act, or sound ill – you will be sent home immediately
- You must wash your hands immediately upon arrival
- NO CONTACT of any kind will be permitted – you must keep your social distance at ALL times

### We must all work together:

- All classes will be limited in regards to the number of participants
- For the near-future, spectators will not be permitted
- To avoid crowding in the lobby, we kindly ask you not to linger before or after class
- All doboks and belts will remain in the possession of the student at all times
- All Yoga students must bring their own mats and props
- All staff is being asked to wear a face-covering and we highly recommend it for all students



## Re-Opening 2020

### Re-Opening

We'd like to extend a huge "thank you" to everyone who took the time to participate in our survey. Your comments and suggestions have been invaluable to us as we carefully navigate a re-opening.

Snapshot of the survey results:

- 77% say we should open
- 73% say limit class sizes
- 53% say no face-masks
- 92% say keep the online option

COVID-19 remains a large threat, and therefore, we want to ensure that we continue to take responsible actions guided by the CDC to protect the health and safety of our staff, students, and their families. Until there is a reliable treatment and/or a vaccine, we must continue to be vigilant in practicing social distancing, hand washing, and contact etiquette.

Upon re-opening, we will be initiating strict guidelines and protocols that meet both those recommendations, and what you, our valued customers, would like to see.

## TAEKWONDO

Beginning the 1<sup>st</sup> week of June:

- We will resume face-to-face classes Tuesdays and Thursdays 6-7pm
- Each class will also be available to livestream via the Zoom app
- Each student will have access to the video recording of the class for up to one week
- In addition, each student will receive a link to our private YouTube channel containing all forms and one & two step sparring from white belt through black belt
- For the near-future, there will be no sparring, grappling, person to person contact, or the use of hand-held targets allowed amongst students
- We will be utilizing free-standing heavy bags for distancing and sanitation purposes
- Class sizes will be limited and social distancing will be enforced

## YOGA

Beginning the 1<sup>st</sup> week of June:

- We will resume face-to-face classes on Tuesdays and Thursdays noon-12:45pm
- Each class will also be available to livestream via the Zoom app
- Each student will have access to the video recording of the class for up to one week
- There will be NO hands on adjustments
- Blocks will be the only props available for student use – each student is encouraged to bring their own mat and any additional props they wish to utilize
- Class sizes will be limited and social distancing will be enforced



### Class Schedule and Fees:

**Tuesday & Thursday**

All Ages TaeKwonDo 6-7pm

**Blended (Combination in-person & online)**

\$99 1st student, \$50 each additional student per month

**Online Only**

\$99 per household, per month

**Tuesday & Thursday**

Yoga Noon-12:45pm

**Attend in-person, livestream, or choose to**

**watch the videos**

\$80 per month



### Future Plans:

**Beginning in July**

*With the limitation in space due to social distancing, we will be offering a (ages 5-10) small group summer camp in lieu of a kid's only TaeKwonDo class*

**Monday thru Friday**

½ day Summer Camp 1-6pm

\$125 per week

**Space is limited to 6 students!**