

TX Cho's TKD: Copperfield Academy

Updated Schedule for Monday May 25th - Saturday May 30th.

Welcome Back Team! Loved seeing everyone back on the mats. Everyone's been working hard and practices have been strong while we've also been able to maintain social distancing plus keeping our numbers under the 25% capacity rule that we have to work with. After seeing our how our first week went, as well as anticipating that more students will be returning in the coming week(s). We believe that this updated schedule will allow us to maintain our high safety standards for the students while also giving them some flexibility in their schedule.

Ages 3 - 4

Mon- Thur: 4:45 - 5:15pm

Sat: 11:45 - 12:15pm

Ages 5 - 7

Mon & Wed: 5:30 - 6:00pm

Tue & Thurs: 6:15 - 6:45pm

Sat: 11:45 - 12:15pm

Ages 8 - 12

Mon & Wed: 6:15 - 6:45pm

Tue & Thurs: 5:30 - 6:00pm

Sat: 11:00 - 11:30pm

Teens (Ages 12 - 18)

Mon & Wed 7:00 - 7:45pm

Tues & Thurs 7:50 - 8:30pm

Fri: 7:00pm

Sat: 10:00 - 10:45am

Adults (Ages 18+)

Mon & Wed 7:50 - 8:30pm

Tues & Thurs 7:00 - 7:45pm

Fri: 7:00pm

Sat: 10:00 - 10:45am

Open Practice Times by Appointment

Mon - Thur: 3:00 - 4:30pm

Sat: 12:30 - 1:30pm

If any adjustments to our schedule are needed we will announce them.

We are constantly monitoring our class sizes and may need to make adjustments periodically so that we can maintain social distancing and capacity limits. If any additional adjustments are needed, or if we are able to resume normal operations we will make an announcement (Please see back page)

Students with Siblings

We understand that students with siblings wish to train together and we will do our best to make concessions where we can. It will be on a day by day bases so that the we can maintain our social distancing and capacity limits.

Note on Tuition:

Our priority right now is to just get everyone safely back training. The times are chaotic and we are constantly adjusting as we need to so that the students are always safe. With this said, we will finish off May for free and resume tuition beginning June 1st.

Rules & Precautions we are taking

Hi Team! Because of the Current climate and state regulations imposed on us, we will be taking the following precautions to ensure the safety of our students and their families. While we are trying to be flexible, we need your help to keep everyone safe. The following rules and precautions should be upheld at all times (in addition to our normal academy rules and ethics). All of these precautions as well as our schedule are subject to sudden changes. Any Changes will be announced on our Social Media Pages as well as our Email Newsletter. Links below to both.

- ▶ Anyone who is sick with flu like symptoms, or who have been around anyone who is sick, may not enter the building.
- ▶ Students will need to wash their hands / use hand sanitizer before stepping onto the mats and when they step off the mats.
- ▶ Students that feel the necessity to wear masks or other PPE are encouraged to do so but they will need to supply their own. We only have enough for our coaches. (We are working with one of our students who is making cloth masks and students will be able to purchase them in the near future)
- ▶ We will be using “Pass By Times” as a way to help maintain social distancing and reducing the number of people in the building. During these pass by times the Instructors and older students will be doing a quick sanitizing of the training area.
- ▶ During pass by times, coaches will let students know when they may come into the building. Until we open the door, please wait in your car and not by the door. (Parents, Please do not drop your child off until they are able to come into the building. We will open the door as soon as we are done sanitizing everything)
- ▶ Because of social distancing, Sparring and other close contact practices are on hold till further notice. (Submission Wrestlers, Master Kevin has solo drills you can practice to maintain skills as well as ordering 3 motion master bags that ya’ll can use).
- ▶ To ensure social distancing & reduce the building capacity to minimum, our lobby will be **closed** till further notice. Only Students & Instructors will be allowed in the building (exceptions may be made for parents of tot students on a case by case manner and at the Instructors discretion).
- ▶ Open Practice times are non structured practice times. Instructors will be on the mats to answer questions and give suggestions but students will need to be self motivated. This is also a perfect opportunity for parents to join their students on the mats and practice with them.
- ▶ Open Practice times are **by appointment only**. To reserve a time slot, please email chostkdcopperfield@gmail.com or direct message / private message us on any of our social media pages (Facebook is best but we are also on twitter and Instagram).to reserve your spot.
- ▶ Adult Students, there will be no “loaner” gloves for Kickboxing. Please bring your own if you need gloves to protect your knuckles. If you are looking to get your own I highly Suggest Revgear and Venom gloves (I have used them in the past and they are great. Currently I use Hayabusa Gloves but they can be pricey.)
- ▶ This is a very fluid situation and if we make any changes we will do our best to inform everyone through our Social Media and Email Newsletters.