

## **Green Hills Schedule 2021**

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## Commencing 4th JANUARY

	Monday			
11:00 – 12:00pm	Day Class			
3:30 – 4:00pm	Minimites	Kindymites		
4:05 – 4:50pm	Dynamites All Levels			
4:55 – 5:40pm	Kobudo Pandas			
5:45 – 6:30pm	Dragons/ Adults All Levels			
6:35 – 7:20pm	Kobudo			
7:20 – 7:40 pm	Kobudo Advanced			
	Tuesday			
4:00 – 4:45pm	Dynamites All Levels			
4:50 – 5:35pm	Xtreme			
5:40 – 6:25pm	Dragons/Adults All Levels			
6:30 – 7:00pm	Leadership/ STORM			
7:05 – 8:05pm	Black Belt Prep			
8:05 – 8:20pm	Black Belt Extension Class			
	Wednesday			
4:00 – 4:30pm	Minimites	Kindymites		
4:35 – 5:20pm	Dynamites All Levels			
5:25 – 6:10pm	Dragons/Adults All Levels			
6:15 – 7:00pm	Dragons/Adults Advanced			
7:05 – 7:50pm	Adults All Levels			
	Thursday			
4:00 – 4:30pm	Minimites	Kindymites		
4:35 – 5:20pm	Dynamites All Levels			
5:25 – 6:10pm	Dragons/Adults All Levels			
6:15 – 6:45pm	Kumite (Dragons/Adults)			
6:50 – 7:50pm	Black Belt Prep			
	Saturday – Family Day			
9:00 – 9:30am	Minimites	Kindymites		
9:35 – 10:05am	Minimites	Kindymites		
10:10 – 10:55am	Dynamites All Levels			
11:00 – 11:45am	Dragons/Adults Kata			
11:50 – 12:35pm	Dragons/Adults Bunkai			

Please follow all guidelines listed below to ensure our students, families and staff can train in a safe environment.

## Thank you from the HVMAC Green Hills Team!

## **COVID-19 Procedures:**

- Social distancing of 1.5m and 4m square rule will be in effect and classes have a maximum of 35 students
- All Classes must be booked in via our booking service; you cannot turn up to class without booking
- Only Mini & Kindymites classes will have parents in attendance. No audience for all other classes (exemption to carers)
- Parents are to drop off and pick up students from the doors of the dojo (students will not be discharged from the building if parents/guardian is not in sight)
- 5 minute cleaning breaks between each class allow staff to ensure the highest standard of hygiene
- Students are not allowed to congregate before during or after classes
- If you have been sick or in contact with someone who is sick, you are not permitted to attend classes
- If you exhibit any symptoms of being unwell or general ill health staff reserve the right to refuse entry