



# ADIRONDACK TAEKWONDO

1593b Route 9 \* Clifton Park, NY 12065  
518.373.0442 ADKTKD.com



## Fall Schedule 2021 Starting Monday, Oct. 18, 2021

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:40 am		Homeschool & Mixed Ranks		Homeschool & Mixed Ranks	
2:30-3:30 pm	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	Private lesson & Semi-private lessons available.	
3:30-4:00pm					Grasshoppers 4-5 yrs. old
3:45-4:30 pm	White-Blue	Technique Tuesday Green & up	White-Blue	Pad Kicking & Sparring Drills Green & up 	
4:00-4:45pm					Children Mixed All Ranks
4:30-5:15 pm	Black Belt Club	Black Belt Club	Black Belt Club	Black Belt Club	
5:30-6:00 pm	Grasshoppers 4-6 yrs. old		Grasshoppers 4-6 yrs. old		
5:30-6:10 pm		Family Taekwondo Class		Family Taekwondo Class	
6:00-6:45pm	White-Blue		White-Blue		
6:15-7:00 pm		Review Forms & training All ranks		Kicking Techniques & Strength training 	Birthday Parties & Special Events
6:45-7:30 pm	Teen & Adult Taekwondo		Teen & Adult Taekwondo		
7:00-7:45 pm		Demonstration team		Adult Taekwondo	

We have *ADAPTED, UPGRADED and INNOVATED* so we may continue to bring the benefits of Taekwondo to you and your family.

Please sign-in, apply hand & foot sanitizer, masks are currently required per Saratoga County & please maintain social distance.

Students should arrive: five min early and wearing their mask, uniform and belt.

All students need their own water bottle and labeled with their name.

ADIRONDACK Taekwondo students and families are the BEST! Thank you for your continued support!

Find is at **ADKTKD.com** and on social media

