

# SUNSHINE COAST KARATE

## Training Schedule

Current schedule - Starts from: Monday, 3 August 2020 (Next Page)

### COVID-19 Important Information

**Bookings essential for all classes.** Although we do not like to do this, it will mean, if you are not booked in for a class, we will have to turn you away. Please use the following link for recurring class bookings.

<https://www.sunshinecoastkarate.com.au/online-class-booking-system/>

Please use Zen Planner for self booking one-off class changes, such as if you need to cancel a class and book a make up lesson. Contact us if you need help.

<https://sck.zenplanner.com>

#### Maximum class size

As per the limits set in ZenPlanner

#### Online classes

All students who have one of the new 2020 memberships are welcome to make use of the online classes. If you have an old membership you may only access the classes at the dojo. If you would like to upgrade to one of the 2020 memberships, please speak to dojo staff for details.

*Basic Membership* - 2 classes per week at the dojo, plus online zoom classes

*BBC Membership* - Unlimited classes at the dojo, monthly private lesson, plus online zoom classes

If classes at the dojo are cancelled for an extended period, such as during the COVID-19 lockdown, all members can access online classes.

#### Dojo Procedures

- Please arrive no more than 5 minutes before your class. There will be no entry until all students have left the dojo from the previous class.
- Practice physical distancing, maintain a distance of at least 1.5m outside of the training area.
- Parents, please drop children off for class, class viewing areas will be closed.
- Wash your hands upon entry and upon leaving.
- No personal items in the dojo except for a water bottle or any necessary equipment.
- Please don't share equipment.
- Follow our cleaning procedures and clean every piece of equipment you use.
- Once you're done with your class, please leave the dojo so our staff can clean for the next class.
- Parents, please promptly pick up your children at the completion of the class.
- PLEASE do not come to the dojo if you are sick or don't feel well.
- If you've been exposed to COVID-19 please let us know.

#### Contact Us

Phone/Txt: 0435 255 323

Email: [martin@SunshineCoastKarate.com.au](mailto:martin@SunshineCoastKarate.com.au)

Facebook message: [facebook.com/SunshineCoastKarate](https://facebook.com/SunshineCoastKarate)

Web: [SunshineCoastKarate.com.au](https://SunshineCoastKarate.com.au)



### Little Champions Classes (4-7 Yrs)

MON	TUE	WED	THUR	FRI	SAT
<b>In-Person Classes @ Maroochydore Dojo (40 minutes)</b>					
					8:40am
3:40pm	3:40pm	3:40pm	3:40pm	3:40pm	
<b>Live Online Classes via ZOOM (40 minutes)</b> - Class link: <a href="https://zoom.us/j/817561750">https://zoom.us/j/817561750</a>					
3:40pm		3:40pm		3:40pm	

### Kids Classes (8-15 Yrs)

MON	TUE	WED	THUR	FRI	SAT
<b>In-Person Classes @ Maroochydore Dojo (60 mins, BBC extension 40 mins, BBC squad 1 hour 40 mins)</b>					
					9:30am
4:30pm	4:30pm	4:30pm	4:30pm	4:30-6:10pm <b>BBC: Squad</b> (Kata / Kumite)	
5:30pm <b>BBC: Kata, Bunkai &amp; Self Defence</b>	5:30pm <b>BBC: Kobudo</b> (Bo & sai)	5:30pm <b>BBC: Kata, Bunkai &amp; Self Defence</b>	5:30pm <b>BBC: Kobudo</b> (Bo & sai)		
<b>Live Online Classes via ZOOM (60 minutes)</b> - Class link: <a href="https://zoom.us/j/553577571">https://zoom.us/j/553577571</a>					
4:30pm		4:30pm		4:30pm	

### Adults & Teens

MON	TUE	WED	THUR	FRI	SAT
<b>In-Person Classes @ Maroochydore Dojo (60 mins, BBC extension 40 mins, BBC squad 1 hour 40 mins)</b>					
	6:00am		6:00am		
	9:30am		9:30am		
					10:40am
6:20pm	6:20pm	6:20pm	6:20pm	6:20-8:00pm <b>BBC: Squad</b> (Kata / Kumite)	
7:20pm <b>BBC: Stretch, Strength, Balance</b>	7:20pm <b>BBC: Kobudo</b> (Bo, sai, nunchaku)	7:20pm <b>BBC: Kata, Bunkai &amp; Self Defence</b>	7:20pm <b>BBC: Kobudo</b> (Bo, sai, nunchaku)		
<b>Live Online Classes via ZOOM (60 minutes)</b> - Class link: <a href="https://zoom.us/j/882684360">https://zoom.us/j/882684360</a>					
6:20pm		6:20pm		6:20pm	

Parents	Parents who are also members are welcome to train with their own child(ren) in any general classes for Little Champions or Karate Kids. BBC membership required for BBC classes.
BBC Extension Classes	Only for Black Belt Club members may participate in BBC classes. Kobudo (weapons) classes only for green belt & above.
Public Holidays	The dojo will be closed for public holidays and there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.
Make Up Lessons	If you miss class for any reason, delete your booking in Zen Planner and book yourself a make up lesson, in advance if possible. <a href="https://sck/zenplanner.com">https://sck/zenplanner.com</a>

### Contact Us

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