

We are thrilled to announce our official reopening date! Beginning May 20th we will be open for classes at our Main School and Oslo Road locations.

Due to government guidelines requiring social distancing measures, we must limit occupancy at all times. We are in the process of contacting all of our students who were attending classes prior to our closing on March 15, 2020. Due to the above measures, we will be adjusting class times, size and ranks that will be able to attend those classes, to allow us to preform additional safety protocols. We feel these changes will allow us to focus not only on the health and safety of our students and staff, but also on the training being received during class.

We have tried to keep in touch with everyone through our Facebook and Instagram pages, but during the past two months it has become clear that our contact information is incorrect for many of our long-time students as well as some of our newer students who had address, email or phone changes. As notes and even gift cards from raffles were being returned, we realized that an update was necessary, as well as a new waiver being requested by the insurance company. Please be aware that you will need to fill out updated information when you start back with classes.

WHEN A STUDENT COMES BACK TO CLASS:

Please be dressed in your uniform and if possible, use the bathroom before coming to class. Our water fountains will be closed for the time being, so be prepared to bring your own water.

During this time, there will be no spectators during class so we can save capacity for students and instructors. We request that you wait in your car after you know your child is safely inside.

Students temperatures will be taken at the door. If a student has an elevated temperature, they will be asked to leave until it is back to normal. **PLEASE DO NOT SEND A SICK CHILD TO CLASS!**

Shoes will be left at the front door and someone will check you in for class as well as pump hand sanitizer for touchless measures.

Jiu Jitsu, Sparring, Judo and Demo Practice will be suspended for the time being. Classes will maintain social distancing at all times. Instructors will monitor and correct with verbal instruction.

Masks for students will be optional but Instructors and staff will wear masks for yours and their personal safety.

CLASS DAYS AND TIMES:

(This schedule is subject to change as we work out how to best navigate in the unfolding environment.) The ranks listed are the Training ranks, so if you are a white belt in Karate,

then you would be training for 6th Kyu and thus would be in the 6th Kyu Class. Check your Kicksite account to verify your rank.

Main School:

Mon/Wed Morning

6th Kyu (Ages 7- 17) - 10:30 a.m. - 11:15 a.m.

5th Kyu (Ages 7- 17) - 11:30 a.m. - 12:15 p.m.

Mon/Wed Afternoon

4th/3rd Kyu (Ages 7- 17) - 3:30 p.m. – 4:15 p.m.

2nd/1st Kyu (Ages 7- 17) - 4:30 p.m. – 5:15 p.m.

Tues/Thurs Morning

TNT 10:30 a.m. – 11:15 a.m.

Tues/Thurs Afternoon

Adults (All levels) - 5:45 p.m. – 6:30 p.m.

Incoming Black Belt Trainees– 5:45 p.m. – 6:30 p.m.

Black Belt Training- 6:45 p.m. – 7:45 p.m.

Oslo Road:

Mon/Wed Morning ONLY

Tai Chi Beginner – begins June 1st

Tai Chi Advanced - begins June 1st

Tues/Thurs Afternoon ONLY

6th Kyu (7 and up to Adults) - 2:30 p.m. – 3:15 p.m.

5th Kyu (7 and up to Adults) - 3:30 p.m. - 4:15 p.m.

4th Kyu (7 and up to Adults) - 4:30 p.m. - 5:15 p.m.

3rd/2nd/1st Kyu (7 and up to Adults) - 5:30 p.m. – 6:15 p.m.

If you have questions on this or anything else, or helpful ideas, please email office@vbka.com. We appreciate your patience, understanding and kindness as we diligently work to ensure that all our students are accommodated in a timely and organized fashion. On behalf of the management and instructors at the Vero Beach Karate Association, we look forward to seeing you soon!

Sincerely,

Cathy Watkins, Manager/Instructor
Vero Beach Karate Association