

CORONAVIRUS

Chris and Lisa would like to assure you that all classes for now will continue as normal, as are the Schools and we need to all try and stay calm and keep positive. If you feel you or your child does not want to come then we can still hold sessions while at home by face time or skype, as it is so important to stay healthy and exercise.

Over the next few weeks we will also be offering private training within your home, just ask!

We can also send videos on request for all the varied belt levels.

THE SERVICE MENTIONED ABOVE IS ALL COVERED BY YOUR MONTHLY TRAINING FEES, AS THIS IS OUR COMMITMENT TO KEEPING THINGS AS NORMAL AND POSITIVE AS POSSIBLE.

Please keep following the guidelines below.

Please do not come to Taekwon-Do if any of the below, applies to you or your child:

If you or your child have been in an affected area in the last 14 days.

You or your child have had contact with someone who has CORONAVIRUS and you have:

A cough

A fever

Shortness of breath

Even just common cold symptoms

Contact NHS 111, as opposed to going to your GP's Surgery or any other medical unit.

By us all being considerate, we can all help each other to stay safe and well.

Any classes missed due to the CORONAVIRUS outbreak, can also be made up with "CATCH UP!" anytime throughout the year.