

Zoom Meeting Training Schedule – *Just click the link to join the class anytime*

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00am							Andrew - ADV 339 543 6101
11:00am							Andrew - BEG 339 543 6101
5:00p		Andrew 4-5yrs 339 543 6101	Andrew 6-12yr 339 543 6101		Andrew 6-12yrs 339 543 6101		
6:00p	Mike Jacobs ID: 748 077 949	Abby 331-756-1639 (backup Andrew) 339 543 6101	Mike Jacobs 510 909 937	Andrew 339 543 6101	Andrew 339 543 6101	Bob Jacobs 845 2885 2833	

Some basic information and guidelines:

1. We are providing a digital space where we can all train together. Train at your own risk. We can't remotely keep you from injuring yourself. Stop when you feel you are overexerting yourself, as we assume no responsibility for your health. Communication is limited so your decisions about your health are of most importance.
2. Sessions will last 30 minutes to 1 hour. We will start on time. You should warm-up beforehand. Often there will be no warm-up or warm-down sessions due to our limited time together.
3. Where any comfortable clothing suitable for your training location. Ex1: jeans/sweatshirt/sneakers in the driveway. Ex2: sweatpants/t-shirt/bare feet in the living room Ex3: traditional uniform in the basement
4. Aside from our microphone to lead the classes, the audio will be turned off (muted) for all participants so that we don't get a lot of background noises. You may turn off your video or keep it on for potential feedback from the someone, this is your decision. However, **too many participants may interfere with video quality**. "Unmute" your audio only if you have a question or if we ask.
5. Act appropriately if using your camera. Use generic symbols like thumbs up if asked general questions.
6. Expect some technical difficulties sometimes. If you get disconnected, just keep training with the last thing we were doing and try to reestablish contact in a few minutes.
7. Get better, have fun, stay safe.