



Aikido Victoria (Aiki-Kai) Inc.

Official Representative Organisation of the Aiki-Kai Foundation
and Aikido World Headquarters, Tokyo, Japan
Established 1968

P.O. Box 399
Mitcham
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Class Schedules as of March 2021

Dear Aikido Student,

Here are the updated class schedules for indoor and outdoor training. Please also refer to the COVID-19 update for January 2021 on our website here: <https://aikidomelbourne.org.au/documents/2021-01%20Aikido%20Victoria%20-%20COVID%20Update.pdf>

We are trialling and stabilising our training and COVID safety practices first before bringing more classes into the dojos. For classes that are running, every dojo has a COVID Safety plan in place that is tailored to that dojo's specific needs.

Here are the general rules in place for all dojos:

- Your temperature will be checked before class, ideally before entering the dojo.
- You must also check in before class using the QR codes at the dojo, or ask your instructor to check you in.
- Hand sanitiser must be used whenever you change training partner – including instructors and ukes who are demonstrating techniques.
- Mats must be cleaned before and after each class.
- Weapons must be wiped down before and after each class with disinfectant wipes, or equivalent.

Your instructor will let you know what other rules are specific to where you train.

Before showing up to your first class, please inform the instructor that you intend to come and confirm that the class is going ahead.

If training outdoors:

- Wear shoes suitable for training on wet grass or gravel
- Be prepared with sunscreen, a hat, rain jacket, etc.
- If the weather is not suitable for training outside (eg: extreme heat or rain), contact the instructor and confirm – otherwise assume the class is cancelled

Current Class Schedules on following pages:

Indoor Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15 – 8:15am Glen Waverley			6:30 – 7:30am Clifton Hill	10 – 11am Clifton Hill 10:30am – 12pm Brunswick	9 – 10:30am Glen Waverley
6:30 – 7:30pm Clifton Hill 7 – 8pm Glen Waverley 7 – 8pm Bendigo	6:30 – 8pm Heidelberg 6:30 – 8pm Brunswick	6:30 – 7:30pm Clifton Hill 7 – 8pm Glen Waverley 7 – 8pm Bendigo	6:30 – 7:30pm Clifton Hill 6:30 – 8pm Heidelberg			

Virtual (Zoom) Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 8am Clifton Hill					10 – 11am Clifton Hill	
6:30 – 7:30pm Clifton Hill		6:30 – 7:30pm Clifton Hill				

Outdoor Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7 – 8am Clifton Hill			10:30am – 12pm Brunswick 12 – 1pm Clifton Hill	9 – 10:30am Mt Eliza 10 – 11am Warrandyte (Children’s) 11:15am – 12:30pm Warrandyte (General)
	6:30 – 7:30pm Clifton Hill 6:30 – 7:30pm Brunswick			6:30 – 7:30pm Clifton Hill		

Contacts and Outdoor Training Locations

Clifton Hill Dojo – Zoom link and Outdoor location shared on registration

- Check schedule here:
<https://cliftonhillaikido.weebly.com/training-times-and-membership.html>
- Contact cliftonhilldojo@gmail.com

Brunswick Dojo – [Henderson Park, Murray Street, Thornbury](#)

- Contact Simon Pearce Sensei simon.aikido@gmail.com

Heidelberg Dojo – [187 Burgundy Street, Heidelberg](#)

At the rear of Scots Uniting Church.

- Contact Adrienne Cleaver Leong acl.aikido@gmail.com

Glen Waverley Dojo – [Scout Hall, Cnr of Orchard and Cherry Streets, Glen Waverley](#)

- Contact Linda Godfrey Sensei godlinda@gmail.com

Mt Eliza Dojo – [19a Jacksons Road, Mount Eliza](#)

- Contact John Rockstrom Shihan jrockstrom1@gmail.com

Warrandyte Dojo – [Stiggants Reserve](#)

- Contact Rodrigo Castellanos Sensei rodrigoecv@hotmail.com