



# 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  
Victoria 3132  
[www.aikidomelbourne.org.au](http://www.aikidomelbourne.org.au)

## Class Schedules as of May 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
	<b>7:15 – 8:15am</b> Glen Waverley			<b>6:30 – 7:30am</b> Clifton Hill		<b>9 – 10:30am</b> Glen Waverley
<b>6:30 – 7:30pm</b> Clifton Hill	<b>6:30 – 8pm</b> Heidelberg	<b>6:30 – 7:30pm</b> Clifton Hill	<b>6:30 – 7:30pm</b> Clifton Hill			
<b>7 – 8pm</b> Glen Waverley		<b>7 – 8pm</b> Glen Waverley	<b>6:30 – 8pm</b> Heidelberg			
<b>7 – 8:30pm</b> Bendigo		<b>7 – 8:30pm</b> Bendigo	<b>7:30 – 9pm</b> Berwick			

## Virtual (Zoom) Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7 – 8am</b> Clifton Hill					<b>10 – 11am</b> Clifton Hill	
<b>6:30 – 7:3pm</b> Clifton Hill		<b>6:30 – 7:30pm</b> 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

**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](mailto:cliftonhilldojo@gmail.com)

**Berwick Dojo** – [Old Cheese Factory, Berwick](#)

- Contact Jacinto Escasinas Sensei [jacinto.escasinas@gmail.com](mailto:jacinto.escasinas@gmail.com)

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

- Contact Simon Pearce Sensei [simon.aikido@gmail.com](mailto:simon.aikido@gmail.com)

**Heidelberg Dojo** – [Rosanna Scout Hall](#)

Corner of Manton St & St James Road, Heidelberg

- Contact Adrienne Cleaver Leong [acl.aikido@gmail.com](mailto:acl.aikido@gmail.com)

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

- Contact Linda Godfrey Sensei [godlinda@gmail.com](mailto:godlinda@gmail.com)

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

- Contact John Rockstrom Shihan [jrockstrom1@gmail.com](mailto:jrockstrom1@gmail.com)

**Warrandyte Dojo** – [Stiggants Reserve](#)

- Contact Rodrigo Castellanos Sensei [rodrigoecv@hotmail.com](mailto:rodrigoecv@hotmail.com)