



NORTHERN KARATE SCHOOLS AURORA

15420 Bayview Avenue, Aurora ON

aurora@northernkarate.com

**Effective
September 8, 2020**

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00pm Adults All Belt		12-1:00pm Adults All Belt		9:00 – 9:30 am Novice
3:45 - 4:15 pm Novice	3:30 - 4:15 pm BBM	3:45 - 4:15 pm Novice	3:30 - 4:15 pm BBM	3:45 - 4:15 pm Novice	9:45 – 10:45 am Adults All Belt
4:25 – 5:10 pm BBM	4:30 – 5:15pm Masters and Pre Masters	4:25 – 5:10 pm BBM	4:30 – 5:15pm Masters and Pre Masters	4:25 – 5:10 pm BBM	11:00 – 11:45 am Family
5:20 – 6:05 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:20 – 6:05 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:20 – 6:05 pm Masters and Pre Masters	12:00 – 12:45 pm BBM
6:15 – 7:00pm BBM	6:15 – 7:00pm Masters and Pre Masters	6:15 – 6:45pm Novice	6:15 – 7:00pm Masters and Pre Masters	6:15 – 7:00pm BBM	1:00 – 1:45 pm Masters and Pre Masters
7:15 – 8:00 pm Family	7:15 – 8:00 pm BBM	7:00– 7:45 pm BBM	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Family	

Adult classes

8:15 – 9:00 pm Adults All Belt	8:15 – 9:00 pm Adults All Belt	8:00 – 8:45 pm Adults All Belt	8:15 – 9:00 pm Adults All Belt	8:15 – 9:00 pm Adults All Belt
8:15-9:15 pm Adult Masters	8:15 – 9:15 pm Adult Masters	8:15-9:15 pm Adult Masters	8:15-9:15 pm Adult Masters	8:15-9:15 pm Adult Masters

905-726-8886

Please visit the **Student Portal** to pre register for in-person classes
Auroranks.com
 The student Portal also contains Videos and other training materials, including Self defense & Pre recorded classes for home training and so much more.

IN PERSON CLASSES: PRE REGISTER ON THE STUDENT PORTAL:

AURORANKS.COM

1. Pre register for your classes on the Students Portal. Available 24/7
2. First come First Serve You can only reserve 4 in dojo class Zoom class will be available 6 days a week.
3. If you have not Pre register for the class you can not attend the class.
4. If you can not attend the class you have booked please cancel the appointment on the student portal. Please note that if you reserve a spot and was not able to attend and you did not cancel on time that is considered a spot for the week. You can Pre Register 2 weeks in advance. Members of the same family can pre register under 1 name.
5. Please note that calling us and sending us an email will not guarantee that you will have a spot in class. The student Portal in class registration is designed to accept only a certain number of students. Once it reached the maximum number of students it will close that class. If a cancellation is done then it will open a spot for another student.
6. Booking Family classes. Please indicate how many family member is attending the class you do not need to list the names of the student.
7. The ONLY class we are not accepting pre-register is the Adult classes.

DOJO PROCEDURE

1. Drop and go! Parents are not allowed to inside the dojo! The classes are live on zoom.
2. We start on time and finish on time so we can clean in between classes. Please be on time when dropping or picking up.
3. Please arrived dressed as the washroom/dressing room will be for emergency only...
4. Please bring your own water bottle.. filling station is open but not the water fountain!
5. Touchless Hand sanitizer will be available please clean hands before and after class.
6. Follow signs and markers on the floor
7. We have marked the dojo floor for spacing with social distancing
8. Self defense and partner drills will only be done during Family Classes within the same family.. Family classes minimum of 2 students in the same family
9. Most importantly if you are sick or any member of your family is experiencing symptoms or sick please stay home.
10. Any students not following the rules will be given only 1 warning, the next time they will be advised to attend classes via zoom. STUDENTS AND STAFFS HEALTH and SAFETY are our top Priority. This also includes comfort level. You might feel comfortable being close to another person but let us not assume that everyone have the same comfort level. Please maintain social distancing while still being friendly.

ONLINE CLASSES: via ZOOM app

1. Online classes via zoom will be at the same time as the classes.
2. All Participants will be muted on entry. Camera On
3. Full GI mandatory. Even if you are training at home please wear your Gi. Please train at home like you would at the dojo.

STUDENT CREED

I promise to become the best possible person I can be.
With honesty in my heart, confidence in my mind,
and strength in my body.
I will achieve excellence, and share it with others.
What is your goal? **What is your Quest?**
Black Belt Excellence! **Personal Best!!!**

Reminder for the classes: if you have a question please give us a call 9057268886

or send us an email at

aurora@northernkarate.com

Novice White belts 13 and under	Meeting ID: <u>88473114242</u>
BBM Yellow belts (in Red Gi) to Blue advance	Meeting ID: <u>87291857927</u>
Masters and Pre Masters Purple – Black belts with weapons	Meeting ID: <u>87850586016</u>
Family Minimum of 2 (or more) from the same Family regardless of belt level & age	Meeting ID: <u>88133385817</u>
Adults All Belt 14 years old and older regardless of belt color	Meeting ID: <u>89392560544</u>
Adult Masters Purple – Black belts with weapons	Meeting ID: <u>89392560544</u>

Last wednesday of each month is a
Grading Night.

All regular kids classes are cancelled
Adult all belt class at 7:30 pm