

# NORTHERN KARATE SCHOOLS SCHEDULE

338 Rossland Road East Ajax, ON L1Z 0L9 Tel: 905.683.0777 Email: [ajax@northernkarate.com](mailto:ajax@northernkarate.com)

**Effective:  
September 8, 2020**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>
WHITE 4:25 - 4:55 ----- YELLOW TO ORANGE ADV. 4:25 - 5:00	BROWN ADV. + CANDIDATES CLASS Dojo Only 4:25 - 5:00  INVITE ONLY	WHITE 4:25 - 4:55 ----- YELLOW TO ORANGE ADV. 4:25 - 5:00	PRE-MASTERS PURPLE TO PURPLE ADV. 4:25 - 5:00	BLACK BELTS ALL AGES 4:25 - 5:00	WHITE 9:00 - 9:30 ----- YELLOW TO ORANGE ADV. 9:00-9:35
BLACK BELTS ALL AGES 5:10 - 5:45	PRE-MASTERS PURPLE TO PURPLE ADV. 5:10 - 5:45	GREEN TO BLUE ADV. ALL AGES 5:10 - 5:45	WHITE BELTS ONLY ALL AGES 5:10 - 5:40	WHITE 5:10 - 5:40 ----- YELLOW TO ORANGE ADV. 5:10 - 5:45	GREEN TO BLUE ADV. ALL AGES 9:45 - 10:20
GREEN TO BLUE ADV. ALL AGES 5:55 - 6:30	MASTERS <u>Brown/Brown Adv/Black</u> 5:55 - 6:30	WHITE BELTS ONLY ALL AGES 5:55 - 6:25	MASTERS <u>Brown/Brown Adv/Black</u> 5:55 - 6:30	GREEN TO BLUE ADV. ALL AGES 5:55 - 6:30	PRE-MASTERS PURPLE TO PURPLE ADV. 10:30 - 11:05
MASTERS BROWN TO BROWN ADV. 6:40 - 7:15	WHITE 6:40 - 7:10 ----- YELLOW TO ORANGE ADV. 6:40 - 7:15	MASTERS <u>Brown/Brown Adv/Black</u> 6:40 - 7:15	WHITE 6:40 - 7:10 ----- YELLOW TO ORANGE ADV. 6:40 - 7:15	PRE-MASTERS PURPLE TO PURPLE ADV. 6:40 - 7:15	MASTERS <u>Brown/Brown Adv/Black</u> 11:15 - 11:50
PRE-MASTERS PURPLE TO PURPLE ADV. 7:25 - 8:00	GREEN TO BLUE ADV. ALL AGES 7:25 - 8:00	PRE-MASTERS PURPLE TO PURPLE ADV. 7:25 - 8:00	GREEN TO BLUE ADV. ALL AGES 7:25 - 8:00	MASTERS BROWN TO BROWN ADV. 7:25 - 8:00	BROWN ADV. + CANDIDATES CLASS Dojo Only 12:00 - 1:00pm  INVITE ONLY

**TO ENSURE THE SAFETY OF ALL STUDENTS, FAMILIES AND STAFF  
ALL SAFETY PROTOCOLS WILL BE ADHERED TO STRICTLY**

<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>
NOVICE 8:10 - 8:50 ----- BBM 8:10 - 9:10 ----- PRE-MASTERS/MASTERS 8:10 - 9:25	NOVICE 8:10 - 8:50 ----- BBM 8:10 - 9:10 ----- PRE-MASTERS/MASTERS 8:10 - 9:25	NOVICE 8:10 - 8:50 ----- BBM 8:10 - 9:10 ----- PRE-MASTERS/MASTERS 8:10 - 9:25	NOVICE 8:10 - 8:50 ----- BBM 8:10 - 9:10 ----- PRE-MASTERS/MASTERS 8:10 - 9:25	NOVICE 8:10 - 8:50 ----- BBM 8:10 - 9:10 ----- PRE-MASTERS/MASTERS 8:10 - 9:25	NOVICE 12:30 - 1:10 ----- BBM 12:30 - 1:30 ----- PRE-MASTERS/MASTERS 12:30 - 1:45

## Dojo Rules

A face mask / face shield is mandatory.

We ask you to stay home if you are sick.

Please self-quarantine for two weeks if you travel outside of Ontario.

Due to social distancing, parents will not be allowed in the Viewing Area. A special Facebook Live Page will allow parents to watch from their device

Entry and Exit of students will be directed by teachers.

Students must come dressed for class. Washrooms/Changerooms are closed.

Please bring your own water bottle. The water fountain is closed.

## ZOOM STUDENTS

The following must be noted on your screen:  
FIRST NAME, LAST NAME & BELT COLOUR

[www.northernkarate.com](http://www.northernkarate.com)



Northern Karate Ajax



NKSAjax



nks\_ajax



### STARS

You can earn a "Personal Best Star Award" when you achieve all 7 of our individual stars:

Attendance, Conduct, Service, Spirit, Leadership, Academics & Grading Exam!



### 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.

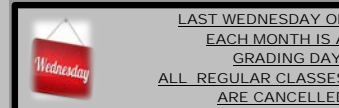
I will achieve excellence, and share it with others.

*What is your goal?*

Black Belt Excellence!

*What is your Quest?*

Personal Best!!!



LAST WEDNESDAY OF EACH MONTH IS A GRADING DAY. ALL REGULAR CLASSES ARE CANCELLED

**Dojo Closed  
Sundays**