

# NORTHERN

15420 Bayview Avenue, Aurora ON

# KARATE SCHOOLS

aurora@northernkarate.com

# AURORA

905-726-8886



## ONLINE CLASS SCHEDULE effective April 5<sup>th</sup>, 2021

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00pm Adult All Belt 870428901		12-1:00pm Adult All Belt 870428901		10:15 – 11:00 am Adults All Belt
3:50 - 4:20 pm Novice	3:50 - 4:35 pm BBM	3:50 - 4:20 pm Novice	3:50 - 4:35 pm BBM		10:15 – 11:15 am Adults Masters
4:30 – 5:15 pm BBM	4:45 – 5:30pm Masters and Pre Masters	4:30 – 5:15 pm BBM	4:45 – 5:30pm Masters and Pre Masters	4:45 – 5:15 pm Novice	11:30 – 1200 pm Novice
5:25 – 6:10 pm Masters and Pre Masters	5:40 – 6:10 pm Novice	5:25 – 6:10 pm Masters and Pre Masters	5:40 – 6:10 pm Novice	5:25 – 6:10 pm BBM	11:30 – 12:15 pm BBM
5:25 – 6:10 pm Black belts	5:40 – 6:10 pm BBM	6:20 – 6:50pm Novice	5:40 – 6:10 pm BBM	6:20– 7:05pm Masters and Pre Masters	12:30 – 1:15 pm Masters and Pre Masters
6:20 – 7:05pm BBM	6:20– 7:05pm Masters and Pre Masters	6:20 – 7:05pm BBM	6:20– 7:05pm Masters and Pre Masters	6:20 – 7:05pm Black belts	12:30 – 1:15 pm Prep Class
7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	Zoom meeting ID <b><a href="#">88171215374</a></b> Password
7:15 – 8:00 pm Adults Masters	7:15 – 8:00 pm Adults Masters	7:15 – 8:00 pm Adults Masters	7:15 – 8:00 pm Adults Masters	7:15 – 8:00 pm Adults Masters	

ZOOM classes starting April 5<sup>th</sup>, 2021 All Participants will be muted on entry. Please train at home like you would at the dojo.

### **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 3 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 so it will open another spot for another student. Please note that if you reserve a spot and was not able to attend and you didnt cancel on time that is considered a spot for the week. We will be opening classes 2 weeks in advance so you can book 2 weeks in advance.. you can pick any day you want. if the need arises we will add more classes.
5. Please note that calling us and sending us an email will not guarantee that you will have a spot in class. As we have to limit the number of students training at the same time. 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. When attending Family class you can stand beside your Family member.
7. The ONLY class we are not accepting pre-register is the Adult Lunch class. (We haven't seen the Adult Lunch class more than 16 students..... until that time this is the only class you do not need to pre register)

### **DOJO PROCEDURE**

1. Drop and go! Parents are not allowed to stay inside the dojo! The classes will be live on zoom. You are allowed to stay outside on the parking lot and or place your own chair by the sidewalk! 6 feet apart.
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 spout!
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... unless there are 2 members of the same family you can not attend Family classes.
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.

Reminder for the classes: if you have a question please give us a call 9057268886 or send us an email at [aurora@northernkarate.com](mailto:aurora@northernkarate.com)

<b>Novice</b>	White belts 13 and under
<b>BBM</b>	Yellow belts (in Red Gi) to Blue advance
<b>Masters and Pre Masters</b>	Masters: Brown belt – Black Belts Pre masters: Purple and Purple advance with weapons
<b>Family</b>	Minimum of 2 (or more) Students from the same Family regardless of belt level and age
<b>Adults All Belt</b>	14 years old and older regardless of belt color
<b>Adult Masters</b>	Purple belt – Black Belts 14 years old and older Black Belts (regardless of age can also attend this class)