

# NORTHERN KARATE SCHOOLS SCHEDULE

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**Effective:  
CURRENT**



<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 BELTS ALL AGES 4:25 - 4:55	BLACK BELTS AND WHITE BELTS ALL AGES 4:25 - 4:55/5:00	WHITE BELTS ALL AGES 4:25 - 4:55	PRE-MASTERS PURPLE TO PURPLE ADV. Black Belts 4:25 - 5:00	BLACK BELTS AND WHITE BELTS ALL AGES 4:25 - 4:55/5:00	WHITE BELTS ALL AGES 9:00 - 9:30
BBM YELLOW TO BLUE ADV. 5:10 - 5:45	PRE-MASTERS PURPLE TO PURPLE ADV. 5:10 - 5:45	BBM YELLOW TO BLUE ADV. 5:10 - 5:45	WHITE BELTS ONLY ALL AGES 5:10 - 5:40	BBM YELLOW TO BLUE ADV. 5:10 - 5:45	BBM YELLOW TO BLUE ADV. 9:45 - 10:20
WHITE BELTS 6+ YRS OLD 5:55 - 6:25	MASTERS <u>BROWN TO BROWN ADV.</u> 5:55 - 6:30	WHITE BELTS ONLY 6+ YRS OLD 5:55 - 6:25	MASTERS <u>BROWN TO BROWN ADV.</u> 5:55 - 6:30	WHITE BELTS 6+ YRS OLD 5:55 - 6:25	PRE-MASTERS PURPLE TO PURPLE ADV. 10:30 - 11:05
MASTERS BROWN TO BROWN ADV. 6:40 - 7:15	WHITE BELTS 6+ YRS OLD 6:40 - 7:10	MASTERS <u>BROWN TO BROWN ADV.</u> 6:40 - 7:15	WHITE BELTS 6+ YRS OLD 6:40 - 7:10	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. Black Belts 7:25 - 8:00	BBM YELLOW TO BLUE ADV. 7:25 - 8:00	PRE-MASTERS PURPLE TO PURPLE ADV. Black Belts 7:25 - 8:00	BBM YELLOW TO BLUE ADV. 7:25 - 8:00	MASTERS BROWN TO BROWN ADV. 7:25 - 8:00	WHITE BELTS ALL AGES 12:00 - 12:30pm

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

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