

NORTHERN KARATE SCHOOLS SCHEDULE

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**Effective:
August 3, 2021**



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. Parents can watch via our Facebook Live Parent Page from their device.

Entry and Exit of students will be directed by teachers.

Students must come dressed in their uniform and belt 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kids Classes	Kids Classes	Kids Classes	Kids Classes	Kids Classes	Kids Classes
WHITE BELTS ALL AGES 4:25 - 4:55	WHITE BELTS ALL AGES 4:25 - 4:55	WHITE BELTS ALL AGES 4:25 - 4:55	BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 4:25 - 4:55	WHITE BELTS ALL AGES 4:25 - 4:55	WHITE BELTS ALL AGES 9:00 - 9:30
YELLOW TO GREEN ADV. 5:10 - 5:45	BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 5:10 - 5:45	YELLOW TO GREEN ADV. 5:10 - 5:45	WHITE BELTS ALL AGES 5:10 - 5:40	YELLOW TO GREEN ADV. 5:10 - 5:45	YELLOW TO GREEN ADV. 9:45 - 10:20
WHITE BELTS 6+ YRS OLD 5:55 - 6:25	MASTERS BROWN/ BROWN ADV/BLACK 5:55 - 6:30	WHITE BELTS ONLY 6+ YRS OLD 5:55 - 6:25	MASTERS BROWN/BROWN ADV/BLACK 5:55 - 6:30	WHITE BELTS 6+ YRS OLD 5:55 - 6:25	BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 10:30 - 11:05
MASTERS BROWN/ BROWN ADV/BLACK 6:40 - 7:15	WHITE BELTS 6+ YRS OLD 6:40 - 7:10	MASTERS BROWN/BROWN ADV/ BLACK 6:40 - 7:15	WHITE BELTS 6+ YRS OLD 6:40 - 7:10	BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 6:40 - 7:15	MASTERS Brown/Brown Adv/Black 11:15 - 11:50
BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 7:25 - 8:00	YELLOW TO GREEN ADV. 7:25 - 8:00	BLUE TO BLUE ADV AND PURPLE TO PURPLE ADV. 7:25 - 8:00	YELLOW TO GREEN ADV. 7:25 - 8:00	MASTERS Brown/Brown Adv/Black 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**

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

www.northernkarate.com



Northern Karate Ajax



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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**