



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective October 1, 2021

MON	TUE	WED	THU	FRI	SAT
6:30am OPEN MAT ALL BELTS			6:30am OPEN MAT ALL BELTS		
	12:00-1:00pm ALL BELTS		12:00-1:00pm ALL BELTS		
	7:35-8:05pm Youth & Adult NOVICE		7:35-8:05pm Youth & Adult NOVICE		
7:30-8:30pm Youth/Adult Masters	7:35-8:25pm Youth & Adult BBM	7:30-8:30pm Youth/Adult Masters	7:35-8:25pm Youth & Adult BBM	7:30-8:30pm Youth/Adult Masters	2:30-3:30pm DEMO TEAM
8:40-9:30pm Adult Novice/BBM/ PreMAS	8:30-9:15pm Youth & Adult PreMAS	8:40-9:30pm Adult Novice/BBM/ PreMAS	8:30-9:15pm Youth & Adult PreMAS	8:40-9:30pm Adult Novice/BBM/ PreMAS	
	8:30-9:30pm Youth & Adult MASTERS		8:30-9:30pm Youth & Adult MASTERS		

Novice = White and Adv White Belts
 BBM = Yellow Belts to Adv Blue Belts
 PreMAS = Purple and Adv Purple Belts
 MAS = All ranks of Brown and Black Belts
 Youth = Ages 12 - 17
 Adults = 18 years & up
 Family = All ages may attend

*** To enhance our Covid protocols, we have installed sliding windows and a high quality air filter to increase fresh air circulation.**

**Questions? Email us at
donmills@northernkarate.com**

INDOOR YOUTH & ADULT CLASS SCHEDULE

Please note - schedule may change without notice as health conditions dictate.

- All classes ON THIS SCHEDULE are delivered in-dojō

- INDOOR TRAINING IS CURRENTLY ONLY AVAILABLE TO THOSE AGED 12 OR OLDER WHO ARE DOUBLE VACCINATED AND HAVE SUBMITTED CERTIFICATION OF SUCH VIA DOJO EMAIL
- STUDENTS MUST BE DOUBLE VACCINATED TO ATTEND
- NO RESERVATION REQUIRED
- ALL COVID PROTOCOLS WILL BE IN EFFECT - CONTACT TRACING - SCREENING QUESTIONS - TEMPERATURE CHECKS - DISTANCING - SANITIZING
- MASKS ARE REQUIRED INDOORS
- PLEASE WAIT FOR PREVIOUS CLASS TO LEAVE BEFORE ENTERING DOJO
- JUNIOR CLASSES (AGES 3-11) WILL CONTINUE OUTDOORS AND WILL MOVE INDOORS ON NOV 1ST
- ZOOM STUDENTS MUST DISPLAY FIRST NAME, BELT COLOUR, AND # OF STRIPES ON SCREEN (I.E. JIM, WHT ADV, 4)

THANK YOU FOR YOUR SUPPORT IN THESE DIFFICULT TIMES. OUR COMMUNITY REMAINS STRONG AND WE WILL PREVAIL.

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MON	TUE	WED	THU	FRI	SAT
4:15-4:45pm White		4:15-4:45pm White			7:30am Tai Chi Foundations
 4:50-5:20pm Yellow to Blue	4:15-5:00pm PreMAS & MAS	 4:50-5:20pm Yellow to Blue	4:15-5:00pm PreMAS & MAS	4:15-4:45pm Yellow to Blue	8:00-9:00am Youth/Adult NIDAN & Up
 5:25-6:05pm PreMAS & Brown	 5:05-5:45pm PreMAS & Adv Blue	 5:25-6:05pm PreMAS & Adv Blue	 5:05-5:45pm PreMAS & Adv Blue	4:50-5:20pm White	9:05-9:50am Family PreMAS & MAS KOBUDO
 6:10-6:50pm Masters	 6:25-6:55pm White	 6:10-6:50pm Masters	 6:25-6:55pm Yellow to Blue	 6:10-6:50pm Masters	10:00-10:25am 4-6 years White
 6:55-7:25pm White & Yellow	 7:00-7:30pm PreMAS & MAS KOBUDO	 6:55-7:25pm White & Yellow	 7:00-7:30pm PreMAS & MAS KOBUDO	 6:55-7:25pm White & Yellow	10:30-10:55am 7-11 years White
					11:00-11:30am Yellow to Green
					11:35-12:15pm Blue & PreMAS
					12:30-1:25pm Masters
					1:30-2:25pm Youth & Adults ALL BELTS
					2:30pm Demo Team

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OUTDOOR/ZOOM FAMILY CLASS SCHEDULE

- All classes on this schedule are delivered outdoors
- Classes with a  icon are delivered outdoors AND on Zoom.

1. THESE CLASSES ARE FOR ALL AGES
2. DRESS CODE - WEAR YOUR KARATE GI, BELT, AND RUNNING SHOES
3. BRING WATER, SPARRING GEAR AND WEAPONS (IF APPLICABLE)
4. WEATHER CONCERNS - IF IT IS RAINING, THE OUTDOOR CLASSES WILL BE CANCELLED BUT WE WILL RUN THE FULL SCHEDULE ONLINE
5. ZOOM STUDENTS MUST DISPLAY FIRST NAME, BELT COLOUR, AND # OF STRIPES ON SCREEN (I.E JIM, WHT ADV, 4)
6. DOWNLOAD OUR APP (NKS-DON MILLS) TO REVIEW SYLLABUS REQUIREMENTS, SCHEDULES, CALENDARS AND SO MUCH MORE
7. NEED HELP? EMAIL US TO REQUEST A SUPPORT CLASS

FOLLOW US ON FACEBOOK
 (NORTHERN KARATE SCHOOLS - DON MILLS)
 AND INSTAGRAM @NKSDM

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