



# Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

4 1 6 • 4 4 1 • 3 6 4 8

Effective February 14, 2022

MON	TUE	WED	THU	FRI	SAT
6:30am YOUTH & ADULT Open Mat			6:30am YOUTH & ADULT Open Mat		7:30am Tai Chi Foundations
	12:00-12:30pm YOUTH & ADULT NOVICE		12:00-12:30pm YOUTH & ADULT NOVICE		8:00-9:00am YOUTH & ADULT MASTERS 2nd DAN & UP
	12:00-12:45pm YOUTH & ADULT BBM		12:00-12:45pm YOUTH & ADULT BBM		
	12:00-1:00pm YOUTH & ADULT PreMAS & MAS		12:00-1:00pm YOUTH & ADULT PreMAS & MAS		1:30-2:00pm YOUTH & ADULT NOVICE
7:45-8:45pm YOUTH & ADULT MASTERS SANDAN & UP	7:45-8:25pm YOUTH & ADULT PreMAS & Brown	7:45-8:45pm YOUTH & ADULT MASTERS SANDAN & UP	7:45-8:25pm YOUTH & ADULT NOVICE		1:30-2:15pm YOUTH & ADULT BBM
8:50-9:20pm YOUTH & ADULT NOVICE	7:45-8:45pm YOUTH & ADULT SHODAN & NIDAN	8:50-9:20pm YOUTH & ADULT NOVICE	7:45-8:45pm YOUTH & ADULT BBM	7:45-8:45pm YOUTH & ADULT MASTERS SHODAN & UP	1:30-2:30pm YOUTH & ADULT PreMAS & MAS
8:50-9:35pm YOUTH & ADULT BBM	8:50-9:20pm YOUTH & ADULT NOVICE	8:50-9:35pm YOUTH & ADULT BBM	8:50-9:35pm YOUTH & ADULT PreMAS & Brown	8:50-9:20pm YOUTH & ADULT NOVICE	2:45pm THE FABULOUS DEMO TEAM
8:50-9:50pm YOUTH & ADULT PreMAS & MAS Brown to NIDAN	8:50-9:35pm YOUTH & ADULT BBM	8:50-9:50pm YOUTH & ADULT PreMAS 7 MAS Brown to NIDAN	8:50-9:50pm YOUTH & ADULT SHODAN & NIDAN	8:50-9:35pm YOUTH & ADULT BBM	
				8:50-9:50pm YOUTH & ADULT PreMAS & Brown	

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

**Questions? Email us at  
[donmills@northernkarate.com](mailto:donmills@northernkarate.com)**

## YOUTH AND ADULT CLASS SCHEDULE

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

- All classes ON THIS SCHEDULE are delivered in-dojō

- ALL STUDENTS ATTENDING THESE CLASSES MUST BE DOUBLE VACCINATED YOU MUST SUBMIT PROOF OF VACCINATION TO ATTEND THESE CLASSES.
  - CHANGE ROOMS ARE NOT AVAILABLE - WASHROOM AVAILABLE FOR EMERGENCY.
  - NO RESERVATIONS REQUIRED - LATECOMERS WILL NOT BE ADMITTED.
  - 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 END BEFORE ENTERING DOJO
  - ENTRY IS FROM THE DOJO FRONT DOOR - EXIT THROUGH REAR DOORS -
  - SHOW RESPECT TO YOUR TEACHERS AND FELLOW STUDENTS BY OBSERVING SOCIAL DISTANCE AND OTHER PROTOCOLS. PATIENCE KINDNESS AND RESPECT ARE ALWAYS IN STYLE AT NORTHERN KARATE SCHOOLS
- THANK YOU FOR YOUR SUPPORT IN THESE DIFFICULT TIMES. OUR COMMUNITY REMAINS STRONG AND WE WILL PREVAIL.*

**\*All classes on THIS schedule are delivered in dojo\***

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



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MON	TUE	WED	THU	FRI	SAT
4:15-4:45pm FAMILY CLASS White 3-7 years	4:15-4:45pm FAMILY CLASS Orange to Blue	4:15-4:45pm FAMILY CLASS Yellow to Green	4:15-4:45pm FAMILY CLASS White 7-11 years	4:15-4:45pm FAMILY CLASS Orange to Blue	9:05-9:55am FAMILY CLASS KOBUDO PreMAS & MAS
4:50-5:20pm FAMILY CLASS Yellow to Green	4:50-5:20pm FAMILY CLASS White 7-11 years	4:50-5:20pm FAMILY CLASS White 3-7 years	4:50-5:20pm FAMILY CLASS Orange to Blue	4:50-5:20pm FAMILY CLASS PreMAS & MAS	10:00-10:30am FAMILY CLASS White 3-6 years
5:25-5:55pm FAMILY CLASS PreMAS & Brown	5:25-5:55pm FAMILY CLASS MASTERS	5:25-5:55pm FAMILY CLASS PreMAS & Brown	5:25-5:55pm FAMILY CLASS MASTERS	5:25-5:55pm FAMILY CLASS White	10:35-11:05am FAMILY CLASS White 7-11 years
6:00-6:30pm FAMILY CLASS MASTERS	6:00-6:30pm FAMILY CLASS PreMAS & Brown	6:00-6:30pm FAMILY CLASS MASTERS	6:00-6:30pm FAMILY CLASS PreMAS & Brown	6:00-6:30pm FAMILY CLASS Yellow to Green	11:10-11:40am FAMILY CLASS Yellow & Orange
6:35-7:05pm FAMILY CLASS Orange to Blue	6:35-7:05pm FAMILY CLASS White 3-7 years	6:35-7:05pm FAMILY CLASS Orange to Blue	6:35-7:05pm FAMILY CLASS White 3-7 years	6:35-7:05pm FAMILY CLASS PreMAS & MAS	11:45-12:15pm FAMILY CLASS Green & Blue
7:10-7:40pm FAMILY CLASS White 7-11 years	7:10-7:40pm FAMILY CLASS Yellow to Green	7:10-7:40pm FAMILY CLASS White 7-11 years	7:10-7:40pm FAMILY CLASS Yellow to Green	7:10-7:40pm FAMILY CLASS White	12:20-12:50pm FAMILY CLASS PreMAS
					12:55-1:25pm FAMILY CLASS MASTERS

Novice = White and Adv White Belts  
 BBM = Yellow Belts to Adv Blue Belts  
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 MAS = All ranks of Brown and Black Belts  
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**FAMILY (ALL AGES) CLASS SCHEDULE**

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- NO RESERVATIONS REQUIRED - LATECOMERS WILL NOT BE ADMITTED
- CHANGING ROOMS ARE NOT AVAILABLE - WASHROOM AVAILABLE IN EMERGENCY
- WEAR YOUR KARATE UNIFORM AND BELT - BRING A WATER BOTTLE - BBM & MAS BRING SPARRING GEAR & WEAPONS AS NEEDED
- 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 END BEFORE ENTERING DOJO
- ENTRY IS FROM THE DOJO FRONT DOOR - EXIT THROUGH REAR DOORS - PARENTS WILL PICK THEIR CHILDREN UP IN THE HALLWAY BY OUR REAR ENTRANCE. USE INDOOR PARKING FOR EASY ACCESS.
- SHOW RESPECT TO YOUR TEACHERS AND FELLOW STUDENTS BY OBSERVING SOCIAL DISTANCE AND OTHER PROTOCOLS. PATIENCE, KINDNESS, AND RESPECT ARE ALWAYS IN STYLE AT NORTHERN KARATE SCHOOLS.

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	TUE	WED	THU	SAT
	4:30pm White	4:30pm Green & Blue	4:30pm Purple Adv & Brown	7:30-7:55pm Tai Chi Foundations
	4:50pm Yellow	4:50pm Blue Adv & Purple	4:55pm Brown Adv & Black	8:00-9:00pm Black Belts
	5:10pm Orange	5:10pm Purple Adv & Brown	5:20pm White	9:05-9:55pm Brown & Purple
	5:30pm Green & Blue	5:35pm Brown Adv & Black	5:40pm Yellow	
	5:50pm Blue Adv & Purple	6:00pm White	6:00pm Orange	
	6:10pm Purple Adv & Brown	6:20pm Yellow	6:20pm Green & Blue	
	6:35pm Brown Adv & Black	6:40pm Orange	6:40pm Blue Adv & Purple	

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## ZOOM CLASS SCHEDULE



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

1. THESE CLASSES WILL TEACH YOU HOW TO PRACTICE MORE EFFECTIVELY AT HOME.
2. DRESS CODE - ALWAYS WEAR YOUR KARATE UNIFORM AND BELT.
3. KEEP YOUR WATER BOTTLE, SPARRING GEAR AND WEAPONS NEARBY.
4. CLEAR YOUR TRAINING AREA AND ADJUST YOUR CAMERA SO THE TEACHER CAN SEE YOUR STANCES AND UPPER BODY TECHNIQUES.
5. PLEASE DISPLAY YOUR FIRST NAME, BELT COLOUR AND # OF STRIPES (e.g. Jim/white/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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