



WEEKLY SCHEDULE

| | | MONDAY THROUGH FRIDAY | SATURDAY |
|---------------------------------|---|--|---------------|
| Adult & Youth 13 years old + | All belts | 12:00 - 1:00 Tuesdays and Thursdays Only | |
| Children 3 to 7 years old | White to Adv Yellow | 4:30 - 5:00 | 9:30 - 10:00 |
| Children 8 to 12 years old | White to Adv Yellow | 5:05 - 5:35 | 10:15- 11:00 |
| | Orange to Adv Green | 5:45 - 6:30 | |
| | Blue and up | 6:35 - 7:25 | |
| ALL AGES | ALL BELTS Family class (only Parents with Children) | 7:30 - 8:00 | |
| Adult & Youth 13 years old + | White to Adv White | 8:05 - 8:45 | 11:15 - 12:15 |
| | Yellow to Blue | 8:05 - 9:00 | |
| | Adv Blue and up | 8:05 - 9:30 | |
| | Black Belt Preparation | 8:05 - 9:30 | |

All classes are available live online using zoom.

Dojo Etiquette

- 1- NO CELL PHONE CONVERSATIONS
- 2- Parents and visitors must keep conversation to a minimum and speak softly to avoid distracting the teachers and students. All children in the viewing area MUST be supervised by an adult.
- 3 - Teachers should be called by their teaching title: Sensei, Renshi, Shihan or Kyoshi.
- 4 - Bow (rei) before entering the dojo - Karate begins and ends with RESPECT
- 5 - Arrive 5-10 minutes prior to your class and sign in. If you are late, wait and the teacher will admit you when it is safe to do so. If you are 10 minutes late you will not be allowed to participate in the class.
- 6 - Shoes/boots/coats must be placed in the cubbies provided. Bags should be placed in their designated area.
- 7 - No food or drink in the school (including coffee). Water bottles are permitted.
- 8 - Parents are responsible for their children outside of their class times and in the viewing area. Please be prompt in picking them up after class!
- 9 - Parents are advised to bring their child already changed for class.
- 10 - Uniforms (Karate "gi") must be clean, odour-free and in good repair with a school crest affixed to the left side.

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