

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>Kids Novice</b> (4-7 years old) 9:00-9:30	Dojo closed
	<b>Adult All Belt</b> 12:00 – 1:00		<b>Adult All Belt</b> 12:00 – 1:00		<b>Black Belts + ALL AGES</b> 9:30-10:30	<b>Supporting our community</b> NKS Can raise funds for your child's school. Please ask Shihan Bruce for details
					<b>Adult all belt</b> 9:30-10:30	
					<b>Kids Novice</b> (8 years old & older) 10:30-11:00	

## KIDS CLASSES

Private lesson 3:00-3:30	<b>Kinder Karate</b> 3:30-4:00	Private lesson 3:00-3:30	<b>Kinder Karate</b> 3:30-4:00	Private lesson 3:00-4:00	<b>Kids Novice</b> (8 years old & older) 10:30-11:00	Saturday and Sunday Afternoons reserved for Birthday Parties
<b>Novice</b> 3:45- 4:15	<b>BBM &amp; Pre Masters</b> 4:00 - 4:45	<b>Novice</b> 3:45- 4:15	<b>BBM</b> 4:00-4:45	<b>Weapons WORKSHOP</b> 4:00-4:45	<b>Family</b> 11:00 – 11:45	
<b>BBM</b> 4:15 - 5:00	<b>Novice</b> 4:45 – 5:15	<b>BBM</b> 4:15 - 5:00	<b>Novice</b> 4:45 – 5:15	<b>Novice</b> 4:45 - 5:15	<b>BBM</b> 11:45 – 12:30	
<b>Novice</b> 5:00 - 5:30	<b>BBM &amp; Pre Masters</b> 5:15 – 6:00	<b>Novice</b> 5:00 - 5:30	<b>BBM</b> 5:15 – 6:00	<b>BBM</b> 5:15– 6:00	<b>Masters &amp; Pre Masters</b> 12:30 – 1:15	
<b>Masters &amp; Pre Masters</b> (11 yrs old & under) 5:30 - 6:15	<b>Masters</b> 6:00 – 7:00	<b>Masters &amp; Pre Masters</b> (11 yrs old & under) 5:30 - 6:15	<b>Masters &amp; Pre Masters</b> 6:00 – 6:45	<b>Masters</b> 6:00 – 7:00	<b>Black Belt Prep</b> 1:30-2:30 Invitation only	
<b>Masters &amp; Pre Masters</b> (12 yrs old UP) 6:15 - 7:00	<b>Novice</b> 7:00 – 7:30	<b>Masters &amp; Pre Masters</b> (12 yrs old UP) 6:15 - 7:00	<b>Novice</b> 6:45 – 7:15	<b>BBM &amp; Pre Masters</b> 7:00 - 7:45	Please check Monthly Calendar for Schedule of Events	
<b>BBM</b> 7:00 - 7:45		<b>BBM</b> 7:00 - 7:45	<b>Family Class</b> 7:15 – 8:00			

## ADULT CLASSES

<b>Novice</b> 7:45 - 8:30	<b>Black Belts + ALL AGES</b> 7:30-8:30	<b>Novice</b> 7:45 - 8:30	<b>BBM</b> 8:00 – 9:00	<b>Novice</b> 7:45 - 8:30
<b>BBM</b> 7:45 - 8:45		<b>BBM</b> 7:45 - 8:45	<b>Masters</b> 8:00 – 9:15	<b>BBM</b> 7:45 - 8:45
<b>Masters</b> 7:45 - 9:00	<b>Nidan +</b> 7:30-9:00	<b>Masters</b> 7:45 - 9:00		<b>Masters</b> 7:45 - 9:00

**GRADING NIGHT**  
are on the **last Wednesdays** of each month.  
Regular Kids Classes Cancelled  
Adult All belt Class at 7:30

**STARS** - You can earn a Personal Best Star Award. When you achieve all 7 of our individual stars:  
**Attendance, Conduct, Service, Spirit, Leadership, Academic & Grading Exam!**

**Check your email Regularly**  
If you do not receive our Monthly emails please check the office. Announcements are also posted on  
Northern Karate Aurora  
@NKSAurora



### DOJO ETIQUETTE:

- Bow (Rei) before entering the dojo, this is a time-honored, Japanese manner of greeting the school, instructors and fellow students.
  - 1. Attend 2-3 classes per week and practice for regular promotion. Arrive 10-15 minutes prior to your class and quietly prepare for your class.  
*If you are late, kneel down and ask permission before entering the class.*
  - 2. Remove your shoes/coats upon entering and store in designated area, including bags. Sign-in on attendance.
  - 3. Keep uniforms neat, clean, odour-free and in good repair. Affix appropriate Northern Karate School program crest to all uniforms.
  - 4. No student or guest is permitted in the office unless authorized by a staff member.
  - 5. For safety purposes, all jewelry should be removed while training.
  - 6. No food or beverages are permitted beyond the tiled reception area, except water.
  - 7. Refrain from Disturbing classes in progress - i.e Talking loudly or playing in the viewing area. Keep cellphone use to a minimum. All children on the viewing area must be supervised by an adult.
- If you have any questions regarding our programs or need to book a review please do not hesitate to speak to us or call 905-726-8886.

**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?  
**BLACKBELT EXCELLENCE!**  
What is your quest?  
**PERSONAL BEST!**