

Northern Karate Schools - Aurora

15420 Bayview Ave., Aurora ON L4G 7J1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Adult All Belt 12:00 – 1:00		Adult All Belt 12:00 – 1:00		Kids Novice 9:00-9:30	Dojo closed	
KIDS CLASSES						Black Belts + ALL AGES 9:30-10:30 Adult all belt 9:30-10:30	Supporting our community NKS Can raise funds for your child's school. Please ask Shihan Bruce for details
Private lesson 3:00-3:30	BBM 3:15 - 4:00	Private lesson 3:00-3:30	BBM 3:15-4:00	Private lesson 3:00-3:30			
Novice 3:45- 4:15	BBM 4:00 - 4:45	Novice 3:45- 4:15	BBM 4:00-4:45	Weapons WORKSHOP 4:00-4:45	Kids Novice 10:30-11:00	Saturday Afternoons and Sundays are reserved for Birthday Parties	
BBM 4:15 - 5:00	Novice 4:45 – 5:15	BBM 4:15 - 5:00	Novice 4:45 – 5:15	Novice 4:45 - 5:15	Family 11:00 – 11:45		
Novice 5:00 - 5:30	BBM 5:15 – 6:00	Novice 5:00 - 5:30	BBM 5:15 – 6:00	BBM 5:15– 6:00	BBM 11:45 – 12:30	GRADING NIGHT are on the last Wednesdays of each month. Regular Kids Classes Cancelled Adult All belt Class at 7:30	
Masters & Pre Masters (11 yrs old & under) 5:30 - 6:15	Masters 6:00 – 7:00	Masters & Pre Masters (11 yrs old & under) 5:30 - 6:15	Masters & Pre Masters 6:00 – 6:45	Masters 6:00 – 7:00	Masters & Pre Masters 12:30 – 1:15		
Masters & Pre Masters (12 yrs old UP) 6:15 - 7:00	Novice 7:00 – 7:30	Masters & Pre Masters (12 yrs old UP) 6:15 - 7:00	Novice 6:45 – 7:15	BBM 7:00 - 7:45	Black Belts 12:30-1:30		
BBM 7:00 - 7:45		BBM 7:00 - 7:45	Family 7:15-8:00				

ADULT CLASSES

Novice 7:45 - 8:30	Black Belts + ALL AGES 7:30-8:30	Novice 7:45 - 8:30	BBM 8:00 – 9:00	Adult All Belt 7:45 - 8:30
BBM 7:45 - 8:45		BBM 7:45 - 8:45	Masters 8:00 – 9:15	Sparring 8:30-9:00
Masters 7:45 - 9:00	Nidan + 7:30-9:00	Masters 7:45 - 9:00		

If you have any questions regarding our programs or to book a review please do not hesitate to call us. Check your email regularly for the monthly calendar for the schedule of events, closures & topic for the day. If you do not receive our monthly emails please check the office. Announcements are also posted on the Northern Karate Aurora Facebook page or at Instagram @NKSAurora. You can look up the schedule and monthly calendar any time by visiting www.northernkarate.com :
 Select "Schedule" at the top of the main page • Look for NKS Aurora.



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!

905-726-8886

www.northernkarate.com

DOJO ETIQUETTE:

Bow (Rei) before entering the dojo, this is a time-honored, Japanese manner of greeting the school, instructors and fellow students.

- 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. Don't forget to sign-in on the attendance tablet. **If you are late, kneel down and ask permission before entering the class.**
- Remove your shoes/coats upon entering and store in designated area.
- Keep uniforms neat, clean, odour-free and in good repair. Please don't wear long sleeves or collared shirts or jeans underneath your gi.
- No student or guest is permitted in the office unless authorized by a staff.
- For safety purposes, all jewelry should be removed while training.
- No food or beverages are permitted on the dojo floor except water.
- 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 are must be supervised by an adult.

Effective March 1, 2019 subject to change without prior notice

