

2010 SUMMER SCHEDULE AND REGISTRATION

Northcliffe students last class is June 24th. If you want to continue for summer, you can take classes in Cole Harbour.

Cole Harbour registration will be **July 1st and 6th** (no later). You can register earlier if you would like with your Sensei (German, Currie, Richards or Da Ros).

Registration Rates for the **Summer Session** are:

- Junior
 - \$90
 - \$81 each if 2 family members
 - \$76.50 each if 3 or more
- Junior Elite - Sunday kumite program (12 and up)
 - \$90
 - \$81 each if 2 family members
 - \$76.50 each if 3 or more
 - There will be no Friday kumite classes during July/August
 - There will be no Sunday kata classes during July/August
- Adults
 - \$110
 - \$99 each if 2 family members
 - There will be no Sunday kata classes during July/August

Family members are defined as immediate family members only (parents/siblings)

Note: If you are paying with a cheque, please plan to allow a few weeks for it to be cashed.

Schedule

Mondays - no classes

Tuesdays - 6:00 - 7:00 - kids, all white - yellow belts
7:00 - 8:00 - kids, all orange and up
8:00 - 9:30 - all adults

Wednesdays - no classes

Thursdays - 6:00 - 7:00 - kids, all white - yellow belts
7:00 - 8:00 - kids, all orange and up
8:00 - 9:30 - all adults

Fridays - no classes

Saturdays - no classes

Sundays - 9:00 - 10:30 - kumite class (12 and up)

The third week of each month will feature a beach workout at Rainbow Haven, starting at 6:30 - 8 pm for all classes together! Tuesday July 20th and August 17th. If it rains classes will be normal times and beach class will move to Thursday.