

# SK SEIDO-KAN KARATE SCHOOLS

## Adult Class

- TOTAL PHYSICAL FITNESS
- MIND & BODY CO-ORDINATION
- SELF CONFIDENCE
- DISCIPLINE & CONTROL
- BALANCE & FLEXIBILITY
- ETIQUETTE & COURTESY
- ESSENTIALS OF SELF-DEFENSE
- HOW, WHEN & WHY TO USE KARATE



### CLASS TIMES

MONDAY 6:00-7:00PM  
WEDNESDAY 7:00-8:00PM

### GENERAL CLASS TIMES

TUESDAY 12:00-1:00PM  
THURSDAY 12:00-1:00PM  
SATURDAY 9:00-10:00AM

**MONTHLY TUITION \$59.29<sup>+HST</sup>**

**ONE TIME REGISTRATION FEE, LIFETIME MEMBERSHIP: \$45.00<sup>+HST</sup>**

**ORIENTATION CLASS: \$20.00<sup>+HST</sup>**

- STRONGLY RECOMMENDED
- MEETS INSTRUCTORS
- WORK 1-ON-1 WITH INSTRUCTORS
- LEARN ABOUT KARATE BEFORE TRAINING

**(905) 646-1223 • WWW.SEIDO-KAN.COM**