



OSUNA KARATE
SHOTOKAN KARATE-DO

#3, 141 Commercial Drive , Springbank
Calgary, AB T3Z 2A7

John Costello School

After School Karate program: Starting on Monday April 9th, 2018

We offer:

- ⇒ School pick-up (transportation is included)
- ⇒ 3 hrs care program
- ⇒ Safe and educational environment
- ⇒ CPR certified, experienced and specialized instructors
- ⇒ Small class ratio 1 : 15

Daily routine:*

- 2:35pm: Gather and pick-up from school
- 3:00pm: Arrive and change into karate uniforms (gis)
- 3:15pm: Warm-up games / basic karate techniques
- 4:00pm: Water/ break** and snacks
- 4:15pm: Karate formal (each class will end with a stretching session)
- 5:15pm – 5:30pm: Change and pick up

Rates:

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|---|--------|
| 4 days a week: Mondays, Tuesdays, Wednesdays, Thursdays | \$ 576 |
| 3 days a week: Mondays, Tuesdays and Wednesdays | \$ 435 |
| 2 days a week: Mondays and Wednesdays or Tuesdays and Thursdays | \$ 288 |

More info:

www.osunakarate.com / 403-807-1425 / info@osunakarate.com

*Daily routines are flexible and will depend on the students needs. **Water / breaks can be taken during each activity as needed. GST not included in rates.