



**OSUNA KARATE**  
SHOTOKAN KARATE-DO

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

## West Spring School

*After School Karate program: Starting on Monday April 9<sup>th</sup>, 2018*

### We offer:

- ⇒ School pick-up (transportation is included)
- ⇒ 2 hrs care program
- ⇒ Safe and educational environment
- ⇒ CPR certified, experienced and specialized instructors
- ⇒ Small class ratio 1 : 15

### Daily routine:\*

- 3:50pm: Gather and pick-up from school
- 4:10pm: Arrive and change into karate uniforms (gis)
- 4:20pm: Karate formal / techniques and drills
- 5:00pm: Water / break\*\* and snacks
- 5:10pm: Games and stretching session
- 5:50pm: Change and pick up

### Rates:

- |   |        |
|---|--------|
| 4 days a week: Mondays, Tuesdays, Wednesdays, Thursdays         | \$ 384 |
| 3 days a week: Mondays, Tuesdays and Wednesdays                 | \$ 288 |
| 2 days a week: Mondays and Wednesdays or Tuesdays and Thursdays | \$ 192 |

### More info:

[www.osunakarate.com](http://www.osunakarate.com) / 403-807-1425 / [info@osunakarate.com](mailto: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.