August Newsletter

I hope you're all enjoying a fantastic summer! It's hard to believe August is already here. We have an exciting month ahead, and we're also getting ready for another amazing karate season this fall.

Summer Karate Continues!

There's still plenty of karate fun to enjoy before September.

- **Karate at the Beach - Saturday, August 2**
  Join us for a fun outdoor training session at the beach! Please arrive for 6:00 PM. Classes will begin at 6:15 PM and finish at 6:45 PM. **Parents or guardians must remain present during all outdoor summer sessions** and are encouraged to take part in the activities alongside their athletes. We'll enjoy karate, games, and sunshine while supporting the MS Society. You can donate HERE

- **Try Karate Day - Saturday, August 8**
  Know someone who has always wanted to try karate? Invite them to join us for our FREE Try Karate Day! It's the perfect opportunity for children and adults to experience a class, meet our instructors, and see what Karate with Aoife is all about. Please help spread the word by inviting friends, classmates, neighbours, and family members.

- **Karate in the Park - Saturday, August 30**
  We'll finish off the summer with one final outdoor class in the park. Please arrive for 6:00 PM. Classes will begin at 6:15 PM and finish at 6:45 PM. **Parents or guardians must remain present during all outdoor summer sessions** and are encouraged to take part in the activities alongside their athletes. We'll enjoy karate, games, and sunshine while supporting the MS Society. You can donate HERE

Updated Membership Fees

For the upcoming season, we are moving away from the previous term model to an annual membership running from September through May.

2026–2027 Membership Options:

- Once per week (September–May):
  - $445 + $40 annual insurance (KPEI membership)
- Twice per week (September–May):
  - $890 + $40 annual insurance (KPEI membership)

Membership includes:

- 50% off any KWA workshops throughout the year
- Club T-Shirts
- Coaching and support at tournaments
- Additional competition classes leading up to tournaments
- Minimum 2 adult instructors at all sessions (Rule of Two)
- High-Level Coaching Credentials
- Year End Celebration - May 2027

DAY	LOCATION	CLASSES
Tuesday	Spring Park United Church	6:00PM - Tiny Tigers 6:30PM - Little Dragons 7:15PM - Ninjas 8:00PM- Adult
Wednesdays	West Kent Elementary School	6:00PM - Tiny Tigers 6:30PM - Little Dragons 7:15PM - Ninjas 8:00PM- Adult
Sundays	Spring Park United Church	4:00PM - Tiny Tigers 4:30PM - Little Dragons 5:30PM - Youth Para Karate 6:30PM - Self Defence 8:00PM - University/College

Why the Change

This updated structure supports consistent athlete development, stronger technical progression, stable class sizes, and improved coaching ratios. It also reflects the growth of the program, including competition support, structured development pathways, and access to additional training space. All of our coaches are volunteers, this model will also allow the club to provide small honorariums in recognition of their time, dedication, and ongoing commitment to athlete development.

Registration Reminder

Tiny Tigers *NEW*
Tiny Tigers is a fun and supportive introduction to movement and karate for **children who are 4 years old or who will turn 4 by December 31 of the fall enrollment year.** This 30-minute class is designed to help young children develop essential physical and social skills in a positive, encouraging environment.
Registration and More Information for Tiny Tigers Here

Little Dragons
Designed for children who are **5 years old, or who will turn 5 by December 31 of the fall enrollment year to age 8**, the Little Dragons program builds on fundamental movement skills while introducing students to more structured karate training.
Registration and More Information for Little Dragons Here

Ninjas
The Ninjas program is a fun and engaging 1-hour karate class designed for students of **age 8 and above** who are ready to progress beyond the Little Dragons program. Younger students may move into Ninjas when they demonstrate the focus, maturity, and foundational skills needed for more structured karate training.
Registration and More Information for Ninjas Here

Adult Karate - Karate for Life
Our Adult Karate Program is designed for adults who want to improve fitness, build confidence, learn self-defence, and enjoy the many benefits of martial arts training. No experience is necessary, and adults with previous karate or martial arts experience are also welcome.
Registration and More Information for Adult Karate Here

Youth Para Karate Program *NEW*
Para Karate provides young athletes with disabilities the opportunity to participate in karate in a supportive, inclusive, and welcoming environment. The program focuses on developing confidence, physical literacy, coordination, fitness, and karate skills while ensuring training is adapted to meet the needs of each athlete.
Registration and More Information for Youth Para Karate Here

University Student Karate Program *NEW*
Designed specifically for post-secondary students, this program offers an affordable and flexible way to stay active, learn practical karate skills, and meet new people while

balancing the demands of student life. No experience is necessary, and students with previous karate or martial arts experience are also welcome.
Registration and More Information for University Student Karate Here

Self Defence Program *NEW*
Our Self-Defence program is designed to provide practical skills and strategies for personal safety in real-world situations. Suitable for teens and adults of all experience levels, these classes focus on awareness, prevention, confidence building, and effective self-defence techniques.
More details to come

Mark your calendar!

Please let Coach Aoife know if you would like to register for an upcoming tournaments.

DATE	LOCATION	EVENT
Aug 02 6PM - 7PM	Stanhope Beach	Karate at the Beach
Aug 8th	Spring Park United Church	Try Karate
Aug 30 6PM - 7PM	Victoria Park	Karate in the Park
Sept 06		All Classes Start Back
Sept 12 & 13	Fred George Gym Sacred Heart School of Halifax	Claudia Laos-Loo Kata Seminar
Oct 03	Moncton Coliseum 377 Killam Drive	KNB Grand Prix Tournament #1
Oct 17		KNS Grand Prix Tournament #1
Nov 21	Bedford-Hammonds Plains Community Centre	KNS Grand Prix Tournament #2
Feb 06		KNB Grand Prix Tournament #2
Mar 20	Langille Athletic Centre 20 Cumming Dr, Truro	Atlantic Championships
Apr 03	Moncton Coliseum 377 Killam Drive	KNB Grand Prix Tournament #3
Apr 17	North Nova Education Centre 343 Park St, New Glasgow, NS	KNS Grand Prix Tournament #3
Jun 19		2027 East Coast Games

Here is our google calendar with all classes and events
https://calendar.google.com/calendar/u/0?cid=M2JlOGYwZjI3YmNmYjNkYzI3MDUzZTZmYzY4NTFhNTA0MjFlYzljMjMyODU0MTQ0ZTJlOGM4MGEwOGFiOGYzMEBncm91cC5jYWxlbmRhci5nb29nbGUuY29t