September Newsletter

Welcome Back!

Welcome back to another exciting karate season! We hope everyone had a fantastic summer. Whether you're returning to the club or joining us for the very first time, we're thrilled to have you as part of the Karate with Aoife community.

September is all about building strong foundations, making new friends, and setting goals for a successful year ahead. We can't wait to see everyone back!

A special welcome to all of our new students! Starting something new can be exciting and maybe a little nerve-wracking but our instructors and senior students are here to support you every step of the way. We strive to create a positive, welcoming environment where everyone can learn, grow, and enjoy their karate journey.

Before You Come to Class

Please remember to:

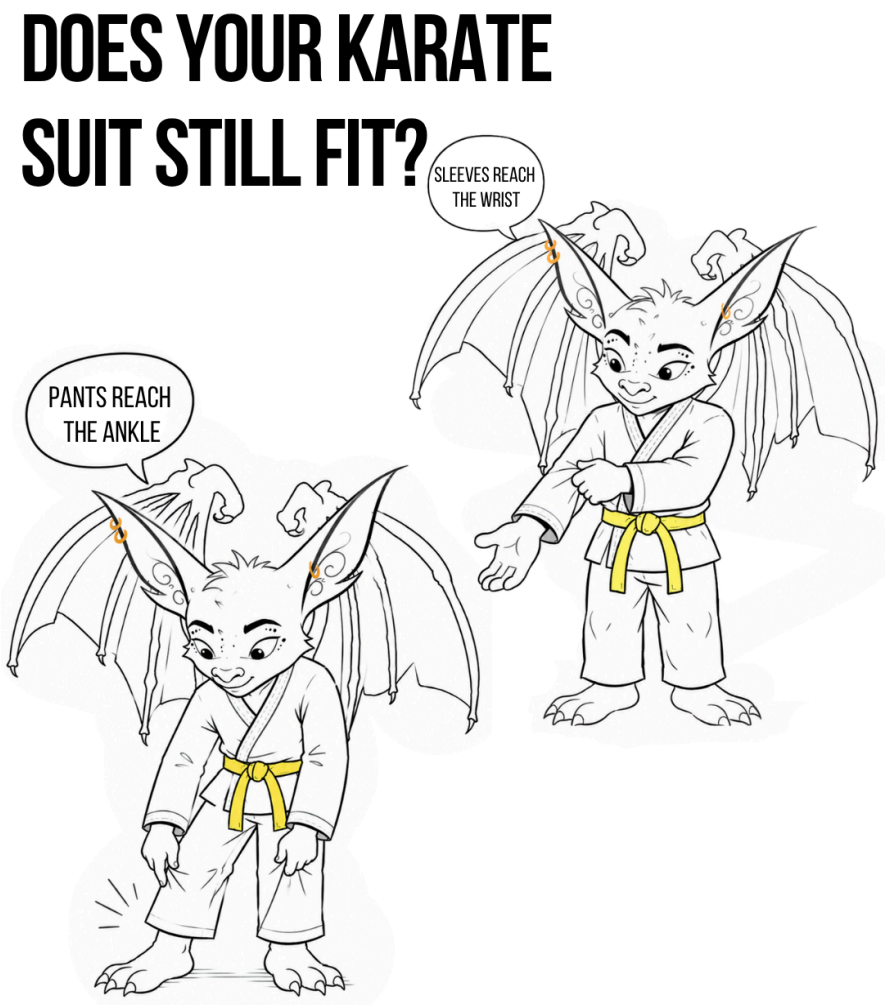
- Arrive 5 minutes before your class begins.
- Bring a water bottle with your name on it.
- Wear comfortable athletic clothing until you get a karate suit. The gym can be warm so we advise layers.

A Few Reminders

A quick reminder that registration fees are due before classes start back.

Please ensure your registration and payment are completed before attending your first class. Students will not be able to participate in classes if their registration fees have not been paid. Payments can be made by e-transfer to karatewithaoife@gmail.com.

If you have any questions about registration or payment, please reach out to Coach Aoife before classes begin.



Don’t forget to check that your karate suit still fits!

If you've grown over the summer, now is a good time to make sure your suit is ready for the new season.

You can order a new one HERE.

Code of Conduct

Our club is built on the values of respect, kindness, perseverance, and teamwork. We ask all students and families to take a few moments to review our Code of Conduct, which helps ensure a safe, welcoming, and positive environment for everyone.
Code of Conduct here.

Stay Connected

Keep up to date with class news, tournament information, photos, special events, and student achievements by following Karate with Aoife on social media.

Facebook: https://www.facebook.com/profile.php?id=61573750791559
Instagram: https://www.instagram.com/karatewithaoife

Don't forget to tag us in your karate photos!

Class Schedule

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

West Kent Elementary School

Spring Park United Church

www.karatewithaoife.com

Tournament Schedule

We encourage all of our students to experience the excitement of competition!

Tournaments are a fantastic way to build confidence, develop new skills, challenge yourself, and make new friends within the karate community. Whether it's your first competition or you're aiming for a podium finish, Coach Aoife will be there to support you every step of the way.

No previous competition experience is required. We welcome first-time competitors! Coach Aoife will provide guidance, training, and support leading up to each event to help students feel confident and prepared.

If you are interested in competing this season, please let Coach Aoife know so we can help you prepare and register.

Tiny Tigers & Little Dragons can compete at.

DATE	LOCATION	EVENT
Oct 24	Charlottetown Martial Arts	Inter Dojo Tournament
Feb 13	Charlottetown Martial Arts	Inter Dojo Tournament

Ninjas can compete at.

DATE	LOCATION	EVENT
Oct 03	Moncton Coliseum 377 Killam Drive	KNB Grand Prix Tournament #1
Oct 24	Charlottetown Martial Arts	Inter Dojo Tournament
Feb 13	Charlottetown Martial Arts	Inter Dojo Tournament
Mar 20	Langille Athletic Centre 20 Cumming Dr, Truro	Atlantic Championships
Apr 03	Moncton Coliseum 377 Killam Drive	KNB Grand Prix Tournament #3
Jun 19	Saint John, NB	2027 East Coast Games

Mark your calendar!

All upcoming events

DATE	LOCATION	EVENT
Sept 06		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
Oct 24	Charlottetown Martial Arts	Inter Dojo Tournament
Nov 21	Bedford-Hammonds Plains Community Centre	KNS Grand Prix Tournament #2
Feb 06		KNB Grand Prix Tournament #2
Feb 13	Charlottetown Martial Arts	Inter Dojo Tournament
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	Saint John, NB	2027 East Coast Games

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