

FALL 2018
SESSION

Authentic Karate

for families, men, women, children & seniors



self-defence • physical fitness • self confidence • focus • motivation

Saturday Morning Karate at St. Alban's Boys & Girls Club

10:00 AM to 11:30 AM

September 15 to December 15, 2018

(excluding Sept. 22, Oct. 6, and Oct. 27)

Individual Rate: \$165* for 11 classes

Family Rates: \$275* for 1 parent plus 1 or 2 youths

\$385* for 2 parents plus 1 or 2 youths

* Includes 25% discount
(based on drop-in rate \$20/class)

(If you are unable to register on the first day, you may start at a later date at a pro-rated fee for the remaining classes in the session.)



Toronto Academy of Karate,
Fitness and Health Inc.

torontoacademy.com

Contact: Bert Freeman, Director
Toronto Academy of Karate,
Fitness and Health Inc.
(416) 409-3084

St. Alban's Boys & Girls Club
843 Palmerston Ave.
(at Vermont, two blocks west of Bathurst,
one block south of Dupont)

THE WAY