

SPRING 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  
April 7 to June 23, 2018

\$180 for 12 classes (including HST) – a saving of 25%  
(Families: \$300 for 1 parent plus 1 or 2 youths)

(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.)

**Questions? Contact Sensei Bert Freeman at [sensei@torontoacademy.com](mailto:sensei@torontoacademy.com) or (416) 409-3084 (24/7).**



THE WAY

Toronto Academy of Karate,  
Fitness and Health Inc.

[torontoacademy.com](http://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)