



## Para-Karate – Avalon Karate Program

Location: 20 Highland Dr, St. John's, NL

[www.avalonkarate.ca](http://www.avalonkarate.ca) 709-722-7555

REGISTRATION Term 1

“Now Open”



**Program:** Introduction to *karate* for recreational and competitive athletes.

**Focus:** Adapting karate training principles, exercise and forms (*kata*) to make karate accessible to students with “mobility”, “intellectual” and “visual” disabilities.

**Level:** Beginner (novice) level requiring no prior experience.

**Age groups:** \* Jr (8-11yrs) & \*Sr (12yrs to Adult).



**Class Schedule:** One class per week. Choose between (1) **Monday 7:00pm-7:45pm** or (2) **Saturday 11:30am-12:15pm**.

Schedule is flexible; you may change your 1 class time as you need each week. Class size is 4-8 students per session.

**Uniform:** Avalon Karate equipment store has uniforms available for purchase.

**Cost:** \$174.99 + HST. Additional \$30 Association Fee required for membership in provincial & national karate associations.

**Term:** 3 months (quarterly registrations). T1= Sept-Nov. T2= Dec-Feb. T3= Mar-May. T4= Jun-Aug.



**Contact:** You are welcome to drop by in person, call 722-7555 or email [avalonkarateclub@gmail.com](mailto:avalonkarateclub@gmail.com).

Usual business hours *Sunday – Friday 4:30pm to 9:30pm* and *Saturday 9:00am- 2:00pm*. If you wish, we are also available to schedule a meeting with Chief Instructor Derek J Ryan to further discuss the program.

Personal attendants are welcome to accompany students, please contact us if you have any questions about accessibility or accommodations on site.

If you have any questions, please contact us. This is a new program and the first to be offered in Atlantic Canada. Karate Canada does have national and international para-karate athletes who compete regularly and do frequently medal at world level events. As a member of Karate Canada and Karate NL, Avalon Karate is excited about bringing this opportunity to members in Newfoundland & Labrador.

Please visit our website [www.avalonkarate.ca](http://www.avalonkarate.ca) and visit us on Facebook to learn more about our 25 years of teaching karate.

**Other Links:** Karate Canada [www.karatecanada.org](http://www.karatecanada.org) . Karate NL [www.karatenl.ca](http://www.karatenl.ca) . Sport NL [www.sportnl.ca](http://www.sportnl.ca) . Paralympics [www.paralympics.ca](http://www.paralympics.ca) . World Karate Federation <https://www.wkf.net> . WKF Para-karate <https://wkf.net/para-karate.php>