

JUNE 2026

Newsletter



Testing

Our final testing for the year will be on Monday June 15th and advanced belts/pre-testing will be on Tuesday June 16th. Start time will be at 6:30pm, spectators are welcome.

Full Gi is required for testing. If you do not have a Gi, please speak with Sensei Meghan prior to the test.

Testing fees must be paid prior to the testing date. This helps keep things moving quicker at the door and getting set up for the test.



White to Blue belt \$75
Red stripe-Red belt \$95
Black stripe \$125
Pretest \$25

Last Class

Our last class for the season will be Thursday June 25. We will be putting on a show for the parents/family/friends as well as awarding belts. We will have 1 class starting at 6:30pm for all students.

FIRST CLASS BACK TUES Sept. 8/Wed.
Sepr. 9/Thurs. Sept. 10

What's New

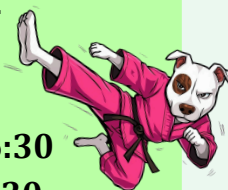
Our 2026/27 season we will be introducing a new class on Wednesdays and adding an extra family class. This will give some of our students who attend 1 day a week another option for classes. We would like to cap our classes at 25 students per class next year so we can continue to provide the best instruction to all students.

Fall schedule

Family class - Tues/Wed/Thurs 6:30

Adv/Teen&Adult - Tues/Thurs 7:30

*****Women's only fitness and martial arts
Wed. 7:30pm***NEW CLASS**



Summer Classes

Our summer classes will begin on Tuesday July 7th. These classes are open to anyone who would like to participate. The classes will focus on cardio, fitness and strength training. Bring running shoes, a water bottle and lots of energy! Cost \$15 for the summer or \$12 drop in



Final Tournament

Congratulations to everyone who competed at the tournament in Red Deer on May 30th. For some, it was their first tournament others it was 1 of many. All of our students put their skills and courage to the test. Everyone showed respect to others, and left everything on the mat. Tournaments are an excellent way to challenge yourself, make new friends and connect to your classmates.



We are already receiving dates for tournaments starting in the fall!

