






EMA

EVOLUTION MARTIAL ARTS

THE REVOLUTION #30 DEC 2009/JAN 2010

<p>EMA Mini Holiday Camp! Monday December 21st 8:30-4:30 Tuesday December 22nd 8:30-4:30</p> <p>2 karate classes each day, games, movies, arts & crafts & more! 1 day= \$34.95 (+ GST) 2 days= \$49.95 (+GST)</p>	<p>Holiday Schedule</p>	
<p>P.A Day Camp! Friday December 4th 8:30-4:30</p>  <p>Karate class, games, movies & pizza lunch! \$34.95 (+GST) Sign up now!</p>	<p>Monday December 21st <u>Fitness</u>- 9:30-10:30am <u>CKM</u>- 12 noon <u>Dragons</u>- 5:00-5:45 <u>WYOG</u>- 5:00-5:45 <u>PBBR</u> – 5:45-6:30 <u>Jr BLK</u> – 5:45-6:30 <u>CKM, Fitness, Karate</u>- 6:30-7:30</p>	<p>Tuesday December 22nd <u>Fitness</u>- 9:30-10:30am <u>CKM</u>- 12 noon <u>Dragons</u>- 5:45-6:30 <u>WYOG</u>- 5:45-6:30 <u>PBBR</u> – 5:00-5:45 <u>Jr BLK</u> – 5:00-5:45 <u>CKM, Fitness, Karate</u>- 6:30-7:30</p>
<p>Belt Testing For Karate Monday Nov. 30th – Saturday Dec. 5th</p> 	<p>EMA Closed Wed. Dec. 23rd – Sat. Jan 2nd Happy Holidays & A great New Year!</p>	
<p>BBC Class Friday's 6:30-7:15 Friday Dec. 4th – Open Forms Championships Friday Dec. 11th – Sparring Championships BBC Nunchucks starts Dec. 7th!</p>	<p>Stripe Testing Monday January 11th – Saturday January 16th</p>	
<p>FREE Holiday Party Movie Night! Friday December 18th, 6:30-9:30</p>  <p>Pizza, goodies, visit from "Sensei Santa" Free to all students & siblings! Space is limited, sign up A.S.A.P</p>	<p>December Birthdays Zoe Bedford, Brent Burnside, Kelsey Clifton, Olivia Dayes, Scott King, Chris Pappin, Nathaniel Will</p>	<p>January Birthdays Holly Baker, Derek Butler, Mikael Carino, Zoe Dekok, Jack Kyprianou, Kaylee Misiuda, Sienna Hargreaves, Taylor Nelson, Emily Zyba</p>
<p>BBC Class Friday's 6:30-7:15 Friday Jan. 8th -Fitness Class Friday Jan. 22nd –Grappling Seminar Friday Jan. 29th – Flexibility Workshop</p>	<p>"Harry Potter" Move Night! Friday January 15th, 6:30-9:30</p>  <ul style="list-style-type: none"> Prizes for best costumes, pizza, cool movie Cost \$14.95 person/ \$24.95 per family 	

<p>FREE</p> <p>Adult & Teen Boot Camp</p> <p>Wednesday January 6th 6:30-8:00</p> <p>For all Fitness, Karate, and Krav students (no regular classes this night)</p>	<p>Krav Knife Workshop</p> <p>Wednesday January 20th, 7:30-8:30</p>  <p>Wear a plain white t-shirt for this class</p>
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December	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3 Adult social	4 BBC Open Forms Champ. 6:30	5	
		←-----	Belt testing			-----		
	6	7 Nunchucks starts	8 Banquet (no classes)	9	10	11 BBC Sparring Champ. 6:30-7:15	12	
	13	14	15	16	17	18 Free Holiday movie night 6:30-9:30	19	
	20	21	22	23	24	25	26	
	Mini Holiday Camp Special Schedule		←----- Closed Happy Holidays -----					
27	28	29	30	31				
2009								

January	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Years	2
	3	4 OPEN	5	6 Free Adult boot camp 6:30-8:30	7	8 BBC Fitness class 6:30-7:15	9
	10	11	12	13	14	15 Harry Potter movie night 6:30-9:30	16
	17	18	19	20 Krav Knife workshop	21	22 BBC grappling 6:30-7:15	23
	24	25	26	27	28	29 BBC Flexibility workshop	30
2010							