

March 2019



**MARCH BREAK  
CAMP  
BLACK BELT**

March 11<sup>th</sup>-15<sup>th</sup>

9:00AM-4:00PM (before and aftercare available on request)

Our March break camp offers tobogganing, bowling at the Merivale Bowling Centre, a visit to Xtreme Trampoline park, ice skating AND Friday Pizza lunch!

Camp is open to anyone between the ages of 6-12 years old! We've got fun games at the dojo, day trips, outdoor activities and so much more!

How much?!

Full week - \$310

Mon/Thu/Fri - \$72

Tue/Wed - \$82

+ An additional 10% off for siblings and tax exempt for all

Register at the front desk!!

**Did You Know?**

Frequently requested documents such as Discipline Stripe forms and Change of Membership forms can be downloaded at [www.cooliganmartialarts.com/cma/documents](http://www.cooliganmartialarts.com/cma/documents)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 4					1	2 *Teaching course rescheduled to March 23
3	4 Junior Brown Belts Continuous Sparring	5 2 for 1 Tuesday – Parents on the mat at 5:00	6 Open Muay Thai class	7 Brown Belt Bo Class	8	9 Children's Belt Test
Week 5						
10	11 CAMP BLACK BELT Skating	12 CAMP BLACK BELT Bowling	13 Adult Belt Test CBB Xtreme Trampoline	14	15 CAMP BLACK BELT Pizza Friday	16 Little Champions Parents on the Mat
Week 1						
17	18 Junior Brown Belts Grappling	19 2 for 1 Tuesday – Parents on the mat at 5:00	20 Adult Joint Lock Class	21 Junior BBC Nunchuks	22 Junior BBC Sparring	23 Teaching Course
Week 2						
24	25 Junior Brown Belt Sparring	26 2 for 1 Tuesday – Parents on the mat at 5:00	27 Bring a Friend to White Belt Class	28 Adult Sparring	29 Junior BBC Grappling	30 Teaching Course
Week 5						

**Join our Facebook Members Group** - "Cooligan Martial Arts: Stittsville"

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Dates to Remember

Jr. Belt Test

- March 9
- April 13
- \*Classes past 10:00 am cancelled*

Adult Belt Test

- March 13 at 6:00 pm

Adult Open Training

- Every Thurs. 8:30 – 9 pm

Jr. Open Training

- Every Sat. at 9 am
- \*except on Belt test day*

You Asked

Could you start belt tests later on Saturdays?

The last Saturday of our 5-week cycle usually sees many Little Champions in class, followed by a large number of students testing for their next belt. This means that parking is difficult to find, and the dojo is packed!

To ease the congestion, we are acting on the suggestion of a parent, and belt tests will now start at 10:30 am on Saturdays.

Teaching Course

Open to advanced students (BBC and up)  
*Minimum age requirement 14*

Registration at the desk

**\*Day 3 – Sat, March 23\***  
Day 4 – Sat, March 30  
Day 5 – Sat, April 27

*All classes run from 12-4pm*