

AIKIDO

body, mind and spirit

North Vancouver Aikikai, offering instruction in Traditional Aikido taught by Joel Posluns Sensei, (6th Dan) Chief Instructor has an **On-going Beginner's Special Three Months of Unlimited Classes for the price of Two! From \$60/month adults or \$50/month teens plus Yearly Registration and HST.** Aikido is a traditional "Budo" - Japanese martial art that offers highly cardio-vascular workouts without competition and a great practice for your mind and spirit as well. Try a complementary beginner's class, wear a gi if you have one and be prepared to have your horizons expanded.

Register and pay on-line at:

http://www.nsaikido.org/NEW_REG.html

Make a secure and convenient payment using your PayPal account or any major credit card.

North Vancouver Aikikai is a registered B.C. not-for-profit Society and is a member of the United States Aikido Federation. We offer scholarships and sliding scales tuition!

Winter 2012 Schedule

Basics Classes (Adults/Teens)

Tuesday to Friday

7:00-8:00 am

Monday to Thursday

6:00-7:00 pm

Beginners Classes (Adults/Teens)

Tuesday & Thursday

5:00-6:00 pm

Taijutsu (body arts) Classes

Monday & Thursday

7:15-8:00 pm

Saturday

11:30 am -12:30 pm

Weapons Classes

Wednesday (Jo)

7:15-8:00 pm

Saturday (Iaido/Bokken)

9:00-10:00/10:30-11:30 am

North Shore Aikido

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www.nsaikido.org

