

905.475.0044



# NORTHERN KARATE MARKHAM School Lunch Program

• KICKING RECESS INTO HIGH GEAR •

**Our highly qualified instructors teach exciting beginner karate classes to your students during lunch recess. And all profits are donated back to your school!**

- Our lunch recess martial arts program is designed to introduce students to the benefits of martial arts training.
- Students participate in classes taught by professional Northern Karate (NKS) instructors at your school during lunch recess.
- Through no-contact karate, the program is tailor-made to meet the needs of your school. Course length and cost can be adjusted to your school's needs. Four to eight week courses are typical.
- There is no administrative work on your end. Our NKS team handles all registrations, money collection, weekly attendance, make-up classes and class instruction.

**HIGH KICKS, GREAT TECHNIQUES, THIS AIN'T NO DAYCARE!**

WE ARE YRDSB AND YCDSB APPROVED!

# THE NKS SCHOOL LUNCH PROGRAM IS A FANTASTIC FUNDRAISING OPPORTUNITY.

At the end of each course, all profits are donated to the host school - it's that easy!

## WHAT'S THE COST?

### STUDENTS PAY \$10 PER CLASS

The cost of the program for your students is based on the program duration. For example, a 4-week program would cost each student \$39 plus tax. A 6-week program would cost each student \$59 plus tax.

## HOW MANY WEEKS?

### CHOOSE FROM 4 TO 8 WEEKS

Your school chooses the duration of the program based on your needs. Perhaps your gym is only available for 4 weeks. Perhaps you wish to keep program costs lower for your student body. The choice is yours.

## HOW DOES MY SCHOOL GET STARTED?

### LEAVE IT UP TO US!

Once a principal sets up the dates with a member of NKS staff, we will provide a handout for your students to take home. Parents will call us to register. We will provide them with all course details, track student attendance and help students with any make-up classes and administrative issues.

FOR MORE INFORMATION  
905-475-0044 • [NKSMARKHAM.COM](http://NKSMARKHAM.COM)