

October 2016 – January 2017						
31 Session #2 wk1/7 Halloween	November 1	2	3	4	5	6
7 wk2/7	8	9	10	11 Remembrance Day	12	13 ROCvsLindsay
14 wk3/7	15	16	17	18	19	20
21 wk4/7	22	23	24	25	26	27
28 wk5/7	29	30 Clar Cup #2	December 1	2	3	4 ROC pre-req#1 Ironman
5 wk6/7	6 (World Champs Start in Windsor)	7	8	9	10	11 12 days of Xmas
12 wk7/7	13	14	15	16 OJI	17 Ont Team Showdown OJI	18 Ont Team Showdown OJI
19 Ont Team Showdown	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27	28	29	30	31	January 1 2017 New Year's Day
2 Session #3 wk/1/8	3	4	5	6	7 Lake Erie	8 Lake Erie
9 wk2/8	10	11	12	13	14	15 ?Belleville?

CLARINGTON MARTIAL ARTS

Family oriented, multi discipline, since 1997 in Bowmanville

- * Increase capability * Increase self-confidence * Learn about integrity
- * Deal with bullies * Make good nutrition choices * Get fit and strong

Who do you want to be? How are you going to get there?

For adults – taekwondo, judo, grappling, fitness, PT, weight lifting, yoga

For 6-13 years - taekwondo, judo, grappling

For 4-6 years – our Little Dragons “KidSafe” program

Personal Training available

234 King St Bowmanville, Ontario

info@claringtonmartialarts.com

www.claringtonmartialarts.com

(905) 697 1473

Sponsoring the Club

The Clarington Swim Club, a not-for-profit organization, is looking for support from local businesses. In exchange we can promote your business to our membership through our ROCletters and our webpage.

Could you make a contribution to the Club?

All funds are used to directly cover operational and equipment costs.

If interested please contact the Club.