

What's Really Important?

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Was that easier?

The Lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones who care.

Would you want to be remembered as one of those people who cared? Keep in mind you can still be wealthy, be a Heisman trophy winner, compete for Miss America, win a Nobel Prize, win an Academy Award, or be in the World Series. Doing something for yourself will last for a while. Doing something for someone else will last forever.

Please be sure to label all your children's coats & boots with a last name & phone #, we will need this information to contact you in case of a mix up.

Shiai February 18, 2012 at 11:00 am

Feb. 18th is our next Shiai. All students are encouraged to participate in the first of this year's tournaments. There are competitions for all levels with ribbons & trophies for each division. Registration forms are available at the Courtesy Counter or print a copy from our website at sealykarate.ca.

We will be running our Family Fitness Challenge again this year - get a group together & enter to win some awesome prizes. Everyone wins in this competition—Get Fit, Stay Fit, Never Quit! More details will follow.

March Break Camp

March 12–16, 2012

Join the FUN indoor & outdoor activities, we keep the kids busy with exercise, fresh air and play time. **Sign up early to be assured of a spot.** We also run camps on P.A. Days & over the summer, no previous experience needed to join our camps.

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1. BBM Class 2. Tutorial 1. Grappling/self D 2. Weapons	2 <i>Closed</i>	3	4	5	6	7
		Winter Break Camp				
8 1. Kata/kicks 2. Grappling/self D	9 <i>regular schedule resumes</i>	10	11	12	13	14 <i>Open House 1:30 - 3:00 pm</i>
15 1. Sparring 2. Kata/kicks	16	17	18	19 <i>Grading 7pm Tutorial 6:15 BBM AAA 5:30 Staff meeting 4:30</i>	20	21
22 1. Escrima 2. Sparring	23 <i>P.A Day Camp</i>	24	25	26	27 <i>P.A. Day Camp-Montessori</i>	28
29 1. Weapons 2. Escrima	30	31				
					February Events: 4th - 16 week cycle starts 18th - Shiai	