

## Welcome to the Afterschool Karate Program at Pitt Meadows Elementary

### Who

- All kids from Kindergarten to Grade 7 are welcome and practice together.
- The program is open to PME students and the general public.
- When it's time to register for each session, I give first dibs on registration to kids currently in the program, before it gets advertised to the public.
- My name is Amy-Lynn Shaw, the kids call me Sensei, I have been leading this program for the last 7 years. I have evening classes for all ages and all levels also at PME. If your child is yellow belt or higher they are welcome to attend evening classes at no extra cost.

### Where

- Karate takes place in the Pitt Meadows Elementary gym.
- The kids walk themselves through the inside of the school to the gym at 2:20pm.
- Make sure to let your child's teacher know that they are in the program so that they can walk through the school to the gym and so that they are communicated to if anything were to come up during the school day.
- If you have a Kindergartener, we can arrange for one of the older kids to walk them to the gym.

### When

- Either Monday and Wednesday, or Tuesday and Thursday, throughout the school year.
- 2:20pm to 3:25pm. I'm in the gym from 2:15pm to 3:35pm.
- Karate only happens on days where school is in session. No school = no karate that day.
- When the gym is in use for volleyball games or other activities we have community service days and Policeman Fireman visits.
- There are 3 separate sessions each year.
  1. September to December
  2. January to March
  3. April to June

### Cost

- \$210 per session
- At the end of each session, your child might be ready for a belt test, which costs \$50. I will let you know before test time if your child is ready.
- If they pass the belt test, the cost of the next belt is \$10.
- You can transfer fees to me via online banking. [theninjalady@gmail.com](mailto:theninjalady@gmail.com)
- Please join our [Pitt Meadows Shotokan Facebook page](#), which is where I announce the results of the belt test and other updates about the program.

### Communication

- The best way to reach me is through [Facebook messenger](#), email, or cell 604-314-5852.
- Each session, I set up a group Facebook chat and add you to the group once I receive your fees. This is the best way to keep up with what's going on.
- It's imperative to notify me if your child will be away from karate; please send me a message through messenger so that I don't go looking for them or start worrying if they don't show up for class.
- For more information about our programs this is our website <http://pittmeadowskarate.com/>

### Gi

- The karate uniform is called a Gi. The kids should bring their Gi to school with them each day that they have karate. They change into the Gi at the gym. It goes over their regular clothes.
- You can purchase a Gi from me for \$50.
- It should be washed once per week. Wash with white colours on cold and you can put them in the dryer.
- Your child needs to learn to tie their own belt. Please have them practice at home, [here's an instructional video](#).
- If the Gi pants are too long, you can lightly stitch them up to hold them in place, then let them down as your child grows.

- A jock strap and chest protector is not necessary.
- I will let you know when your child gets to the level where they should wear fist protectors and mouth guards, which can be purchased from me for \$40.

### **Community**

- One of the goals of the program is to instill a sense of community and helping others. We help the school with fundraising, visit the seniors centre, and help beautify the school for example the hearts you see along the fence.
- There are a number of kids in our program who rely on sponsorship to afford the funds to participate. I work very hard to apply for various grants to help them. Last year all our sponsorship kids were sponsored by Kids Sport. So all our fundraising efforts went towards different school projects. The previous years, I've paid out of pocket and split fundraising proceeds 50/50 between school projects and the program.
- This year, we don't have Kids Sport funding and we don't have enough funding we need to help these kids. You'll notice a number of fundraisers I put on throughout the year and sincerely appreciate your participation to help provide access to the physical, mental, and lifelong benefits this program provides.