

# KATA SEMINAR

WITH

CLAUDIA  
LAOS-LOO



## SCHEDULE SEPTEMBER 5TH - 7TH

### FRIDAY 7:00 PM TO 8:30 PM

Canada Games Centre - Dance Studio  
26 Thomas Raddall Dr, Halifax, NS

Provincial Team athletes  
and coaches only

### SATURDAY AND SUNDAY

Fred George Gym, Sacred Heart School of Halifax  
5820 Spring Garden Rd, Halifax, NS

9:00 am - 10:00 am **Novice** (Ages 10+)  
10:15 am - 12:00 pm **Advanced/Provincial** (Ages 10+)  
12:00 pm - 1:30 pm **Lunch**  
1:30 pm - 2:30 pm **Intermediate** (Ages 10+)  
2:45 pm - 4:00 pm **Advanced/Provincial** (ages 10+)

## FEES

### NOVICE/INTERMEDIATE

\$40 per class  
\$60 for the weekend

### ADVANCED/PROVINCIAL

\$50 per class  
\$80 per day  
\$120 for the weekend.



<https://karatens.org/kata-clinic>

Payments only accepted via e-transfer to  
treasurer@karatens.org (include names in comments)