

**SKA Athletic Development Session**

**Saturday October 14, 2023**

10:00 am - 12:30 pm

& 2:30 pm – 5:00 pm

**Sunday October 15, 2023**

9:00 am – 12:00 pm

Midwest Karate Regina

3<sup>rd</sup> Floor, 1100 Broad Street, Regina, SK

If you are 14 years of age or older and hold a green belt or higher in your style  
you are welcome to attend athletic development sessions.

For More Information call the SKA office at:

(306) 374-7333 or email: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca)