



SAIT Recreation
Where healthy evolutions begin
sait.ca/recreation
403.284.8734



FURTHER
YOUR
PASSION



**HAVE YOU
ALWAYS WANTED
TO JOIN A CLUB?
WE HAVE THEM!
SAIT MARTIAL ARTS CLUBS**

Our schedules are flexible to fit any healthy lifestyle.

Our Martial Art classes offer registered as well as drop-in options (see 10-day pass pricing below).

You may participate in any club one night free, then decide if you want to join. If you are trying Capoeira or Kickboxing, a fee is charged for one session.

Drop-in pricing:

Aikido - 10-day pass \$95

Bujinkan Budo Taijutsu – 10-day pass \$95

Capoeira - 10-day pass \$90

Capoeira – Day pass - \$15

Karate - 10-day pass \$75

Kickboxing – 10-day pass \$90

Kickboxing – Day pass \$15

How to register?

Online - sait.ca/recreation - Fitness Programs

- Martial Arts.

You may also try sait.ca/coned which allows you to search by course name & number.

Phone - contact Student Services at 403.284.7248(SAIT)

In person before 4pm– Heritage Hall Building MA211

Aikido

Often translated to “the way of harmonious spirit”, this Japanese martial art was developed as a way for practitioners to defend themselves while preventing injury to their attacker. Our Aikido classes will help you gain confidence in your skills while you discover a healthy attitude toward aggression. Instruction with the short staff (*jo*), wooden sword (*bokken*), and knife (*tantō*) will supplement the students training toward working harmoniously with the flow of nature. Through training in Aikido, students can look forward to increased flexibility and good health.

Monday & Friday

Bujinkan Budo Taijutsu

Bujinkan Budo Taijutsu is a system consisting of nine separate martial art traditions with over one thousand years of history. Through disciplined instruction you will gain self-confidence as you challenge yourself with a variety of armed and unarmed techniques. Bujinkan Budo Taijutsu utilizes strikes, locks, throws, and escapes, giving you practical self defence training. Although the training can be demanding, it is performed in a friendly and relaxed atmosphere.

New students ages 16 and up are welcome!

Thursday & Saturday

Capoeira - Kids, Tykes, Youth & Adults

Capoeira is a mixed martial art developed in the Congo and brought to Brazil by African slaves 400 years ago. To disguise their martial art, practitioners added many aspects of dance and music, creating what is today a popular and varied form of exercise and expression. Due to its diverse history, Capoeira has something everyone can enjoy: martial arts, music, dance, language, and history. Come experience this unique style of martial art, with our qualified instructors!

Monday, Wednesday, & Friday

Kickboxing - Beginner

You will learn proper execution of all your kicks, punches, and how to flow through the many combinations of moves that are involved in Kickboxing. This is a great cardio workout!

Tuesday

Kickboxing - Intermediate

Take kickboxing to the next level! Reach your fitness goals through the art of kickboxing. Further your self-defence skills while toning, conditioning and enhancing your motor skills.

Tuesday

Karate - Little Dragons*, Children*, Youth & Adults

Karate is an all-encompassing activity that exposes its students to everything from a simple, solid workout, to a way of understanding how to manage one's world. In our classes the instructors will guide you through forms and techniques that will allow individuals from five years old to adulthood grow in Mind, Body, and Spirit.

Tuesday & Thursday

*Little Dragons and Children's programs run one day per week.

Tai Chi Foundations

Find balance, focus your mind, and improve your health and immune system through the exercise of Tai Chi. Since its beginnings, over 400 years ago, Tai Chi has grown steadily in popularity. Through the repeated practice of slow, sequence of movements Tai Chi encourages circulation, flexibility in the joints, and properly balanced posture. Come experience the many benefits of Tai Chi through the careful teachings of our dedicated instructors!

Saturday & Sunday

Women's Self Defence

Enjoy a fun, exciting, and interactive class that will give you confidence, physical strength, flexibility, and some great martial arts skills! Women's Self defence is taught by a fully qualified female instructor with 15 years experience. You'll learn how to escape grabs, holds, and how to protect yourself physically and mentally

Tuesday

Session breakdown:

Fall: September - December

Winter: January - April

Spring: May - June

Summer: July - August

To find out more information, visit us online at sait.ca/recreation