



# October 2008

## Leadership Meeting

**Monday October 6th 7:05 pm**

Instructor Training

## COVAR Seminar Public

**Ladies 7:05 pm-8:35 pm**

Wed. Oct. 15th

Wed. Nov. 5th

**Men 7:05 pm-8:35 pm**

Wed. Oct. 22nd

Wed. Nov. 19th

**Fees : \$139.95 Members \$59.95**

## Pattern Perfection Seminar

**Saturday Oct. 18th**

10:15 am - 11:45 am

**Fees: \$59.95 BBC \$49.95**

## Formal Grading

Sat. Oct. 25th 10:15 am

Please make sure you sign-up and pay for your belt at least 1 week prior to grading

## Share the Art

Weds. October 29th

Kids 4:00-4:45 pm

Adults 5:15-6:05 pm

## Yoga Weekend Seminar

Fees: \$75 for Quest Members

Oct 24 7pm-9pm, Oct 25 1pm-5pm

Oct 26 10am-2pm

SUN	MON	TUE	WED	THU	FRI	SAT
			1 D	2 A	3	4 B
			Stripe Grading 7-8 pm	Stripe Grading 4:45-5:15 pm		Penticton Tournament Private Lessons Ethan Hilts
5	6 C	7 D	8 A	9 B	10	11 C
	Leadership Meeting 7:05 pm		Stripe Grading 7-8 pm	Stripe Grading 4:45-5:15 pm		No Classes Thanksgiving
12	13 D	14 A	15 B	16 C	17	18 D
	Thanksgiving Day No Classes		Ladies COVAR 7:05-8:30 pm	Stripe Grading 4:45-5:15 pm		Private Lessons Linda Decker Pattern Perfection Seminar
19	20 A	21 B	22 C	23 D	24	25 A
			Stripe Grading 7-8 pm	Stripe Grading 4:45-5:15 pm	Yoga Seminar 7-9 pm	Formal Grading 10:05 am Yoga Seminar 1-5 pm
26	27 B	28 C	29 D	30 A	31	
Yoga Seminar 10 am- 2 pm			Share the Art Men's COVAR 7:00-8:30 pm	Stripe Grading 4:45-5:15 pm	Happy Halloween	