

# **Black Belt Graduating Class of 2019**

## **Important Dates**

**Douvris Aylmer Black Belt Saturday Prep Classes**  
**61 Rue Symmes, Aylmer, Quebec**  
**(PLEASE ARRIVE 10-20 MINUTES BEFORE THE 1:00 P.M. CLASS)**

Saturdays  
January 5 and 19  
February 2 and 16  
March 2 and 16  
April 13 and 27  
May 11 and 25

**Douvris Bank Street Sunday Prep Classes**  
**1270 Bank Street, Ottawa, Ontario**  
**(PLEASE ARRIVE 20-30 MINUTES BEFORE YOUR SCHEDULED CLASS)**

Sunday, February 3<sup>rd</sup> Juniors 11:45 – 12:45, Adults 1:00 – 2:15, Black Belts 2:30 – END

Sunday, March 3<sup>rd</sup> Juniors 11:45 – 12:45, Adults 1:00 – 2:15, Black Belts 2:30 – END

**Douvris Bank Street Red Stripe Test**  
**1270 Bank Street, Ottawa, Ontario**  
**(PLEASE ARRIVE 20-30 MINUTES BEFORE THE SCHEDULED CLASS)**

Sunday, May 5<sup>th</sup> Juniors 11:45 – 12:45, Adults 1:00 – 2:15, Black Belts 2:30 – END

**2019 Douvris Black Belt Ceremony**  
**The Nepean Sportsplex, 1701 Woodroffe Avenue, Nepean, Ontario**  
**(PLEASE ARRIVE 20-30 MINUTES BEFORE THE CEREMONY)**

Sunday, June 2<sup>nd</sup> 11:00 a.m. – 1:00 p.m. Juniors, Adults, Black Belts.

**Work Hard, Be Focused, Remain Calm, Stay Strong.**