



# Ottawa Aikikai

Saturday October 29<sup>th</sup>

10am ~ 12pm

2.30 ~ 4.30pm

Sunday October 30<sup>th</sup>

10am ~ 12pm

# Mary Heiny

## Sensei 6<sup>th</sup> dan

Ottawa Aikikai

155 Loretta Avenue North

Ottawa, Ontario,

K1Y 2J7

[www.ottawaaikikai.ca](http://www.ottawaaikikai.ca)

Sat \$100

Sun \$50

Both days \$120

Tel: 613-233-2280

Email: [ottawaaikikai@gmail.com](mailto:ottawaaikikai@gmail.com)