



"An Experience To Remember"

Community and Leisure Services

Presents

Rideau Lakes Aikido

Aikido is...

More than just a martial art



Exercise

Aikido classes are held Monday & Thursday evenings at the Elgin Municipal Complex. Age 13+

Hikari
Light

Inner Peace and Harmony

Self-Defense...

Misogi
Clarity

Rei
Respect

A Path of Light

Shugyo
Diligent
Training

For how to register or for further information:

www.RideauLakesAikido.com