



www.aikidoni.com



AIKIDO

Institute of Newfoundland



*A [Non-Competitive] Japanese Martial ART
Promoting Physical & Mental Wellness
Improve flexibility, stamina, and health.*

The Aikido Institute of Newfoundland is
now accepting new students.

www.AikidoNL.com



www.facebook.com/aikidoni

Contact: Sensei Derm McDonald:

E-mail: derm_mcdonald@hotmail.com

Phone: 709-368-0841

Practice Location:

ÉCOLE INTERMÉDIAIRE ET SECONDAIRE
FRANCOPHONE DE SAINT-JEAN

(a.k.a. the old Holy Cross Junior High on Ricketts Road, St. John's)

Tues. & Thurs. 7:30 p.m. to 9:00 p.m.

Sat. 12:00 p.m. to 1:30 p.m.

Continuous registration: 20 minutes before class

Chief Instructor:

6th Dan, Shihan: Derm McDonald

Assistant Instructors:

5th Dan, Shidojin: Neil Quigley, Terry Tulk

4th Dan, Shidojin: Colleen Hogan, Jim Sinnott, Paul Glavine

All instructors certified through Aikido World Headquarters
and the International Aikido Federation

合氣道