

2025 Stage d'automne de la FCA



CAF Fall Seminar

October 24-26 octobre



OSAWA
Hayato
SHIHAN
8th DAN

*White Point Beach Resort
Hunts Point, Nova Scotia*

IMPORTANT!



- The resort is a RURAL VENUE. **2 hours** from the Halifax airport (YHZ).
- There are **NO PUBLIC TRANSIT** options (can rent cars at the airport).
- **Friday Classes will be 6-7 pm** (Warm-up) and **7-8 pm** (Osawa Sensei).
- **2 CAF-chartered buses** will leave the airport on **FRIDAY pm** (times TBD).
- On **SUNDAY** the bus will leave White Point at **1:00 pm** and be at the airport around **3:00 pm**.
- Send your itinerary to aikikaiantigonish@gmail.com **ASAP** once flights are booked.

\$100
RETURN



Seaside Venue

Have you ever wanted to recharge by the beach after an intensive class with Osawa Sensei?

Build community with fellow aikidoka for a whole weekend on a private resort?

Enjoy the changing colours of the fall leaves in Nova Scotia?

You can have all this AND MORE at the 2025 CAF Fall Seminar at the beautiful White Point Beach Resort on the South Shore of Nova Scotia!

We will train in the [Atlantic Room](#) with a beautiful ocean view. And the location of this seminar provides the perfect opportunity to bring your loved ones along: while we practice Aikido they can enjoy the beaches and fall colours, and they can also join us at the Saturday evening banquet.

There are many [activities to do while at White Point](#). In addition to the beach and walking paths, the resort has a pool, hot tub, sauna and a small fitness area as well as a games room with a pool table, ping pong table and futsal. There are also kid-specific activities, a kid's room and a nice outside playground.

Information and pictures of accommodations and facilities can be found at www.whitepoint.com. See the Property Map on page 7 of this guide for more information.



White Point Beach, Nova Scotia

Accommodations

The CAF has a group discount rate for accommodations at White Point Beach Resort. The resort has a selection of cottages and rooms with ocean, lake or forest views. There is a large variety of bed options available: king beds, queen beds, single beds, pull-out couches – and cots. ***To make accommodation more affordable people can book spaces as a group.***

Prices and options can be found towards the back of this information package. The resort has graciously allowed us to offer our group rate to anyone wishing to extend their stay before or after the seminar weekend. **Book as early as possible because rooms will be released to the wider public after August 25th.**



Alternate Accommodations

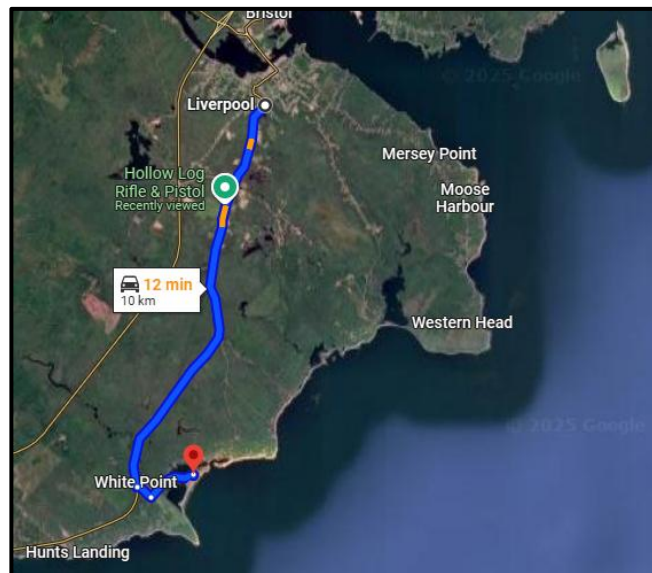
The town of Liverpool is a 15-minute drive from White Point Beach Resort and has two alternate accommodation options that are open year-round:

[Best Western Plus](#): 902-354-2377

[Transcotia Motel](#): 902-354-3494
derindasparkes@hotmail.com

Liverpool, NS

Liverpool has two grocery stores, a Tim Hortons, a McDonald's, a liquor store and a variety of local restaurants and other small businesses.



Registration, Booking & Payment

The online registration form will be linked to the CAF website by early July. During registration participants will be able to book and pay for seats on the bus.

Similarly, participants will register and pay for **Banquet** tickets while completing the online registration form.

As with the last two CAF events, fees can be paid with a credit card online.





Transport – Chartered Bus

White Point Beach Resort is two hours from the Halifax airport. Two CAF-chartered buses will be leaving the airport, one on Friday afternoon around 14:00 and the other on Friday night around 21:00 (*exact times TBD*).

A single chartered bus will return from White Point to the airport after class ends on Sunday, leaving White Point Beach Resort at around 1:00. The charge for the bus will be **\$100 return per person**.

It is important that people share their arrival and departure times with the organizing team. To this end, there will be a page on the registration form for people to state their YHZ arrival/departure times and contact information.



Alternate Transport

There is NO public transport to this location. Car rental agencies are available at the airport for anyone who wishes to be independently mobile.

Banquet and Restaurant

White Point Beach Resort has both a restaurant ([Elliot's Dining Room](#)) and a full-service lounge ([Founder's Lounge](#)) in the Main Lodge. With an excellent chef both the menu options and the buffets are top quality – including local seafood and vegan options. The à la carte quantities are quite generous.



The **Banquet** will be a buffet served in the Atlantic Room (same as practice location). A bar will be available. The Banquet price is a total of \$78.00 per person (\$58/person plus 15% tax and 18% gratuities). The banquet buffet will include sufficient variety as to satisfy most dietary needs.

Gluten-free requirements should be specified during registration. Family members/friends are more than welcome to attend the banquet.



Participants must book their own accommodations with White Point Beach Resort (Megan Jones is in charge of group bookings and can be reached via the phone number above or at mjones@whitepoint.com). This page and the next show the options in the CAF room block, including prices, bed configurations and number available. Colours correspond to those on the White Point Property Map (see page 7). There is a lot of variety, so hopefully everyone can find something to match their needs. Links to the website are included in each chart. Please inform the booking agent if you are bringing a pet as not all accommodation options are pet friendly. Check-in time is 4:00.

Book before **AUGUST 25th**. The rooms will be released to the public after this date.

Oceanfront Cottages*				Bed Arrangements		
Type	# Avail	\$/night	Bedroom 1	Bedroom 2	Bedroom 3	
1 Bedroom	1	291.00	1 Double & 1 Single			
2 Bedroom	1	349.00	1 Double & 1 Single	1 Double & 1 Single		
3 Bedroom	2	402.00	1 King	2 Singles	2 Singles	

*All cottages have a pull-out couch in the living area. Cots can be delivered upon request to the maximum capacity of the cottage (and until they run out of cots).

White Point Cottages*				Bed Arrangements	
Type	# Avail	\$/night	Bedroom 1	Bedroom 2	
1 Bedroom	11	291.00	1 Double & 1 Single or		
			2 Double Beds or		
			1 Queen Bed		
2 Bedroom	2	349.00	1 Double & 1 Single	2 Singles	

**The Ocean Lodge is right next to the Main Lodge and the beach. This space has a full kitchen. There are seven rooms with a single shared entrance and common area. The living area has a single pull-out couch. The capacity of this space is 14 people and cots can be provided for no charge (unless they run out of cots).

Ocean Lodge **			Bed Arrangements	
Type	# Avail	\$/night		
	7 rooms	249.00/room	1 Double (2 rooms)	
			1 Queen (5 rooms)	

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Book before AUGUST 25th . The rooms will be released to the public after this date.

Lakeside Retreat Rooms		
Type	# Avail	\$/night
<u>2x Queen Beds</u>	13	249.00
<u>1 King Bed</u>	3	249.00

The Lakeside Retreat Rooms are similar to typical hotel rooms. These rooms are in a couple of different buildings. The capacity of a room with TWO queen beds would be 4 people, ONE king, 2 people. Cots can be requested as long as they do not exceed the capacity of the room.

White Point Guest Rooms		
Type	# Avail	\$/night
1 Double Bed 1 Queen Bed	13	249.00
1 King Bed	8	249.00

The White Point Guest Rooms have individual entrances to the outside. These rooms are in a couple of different buildings. The capacity of a room with TWO queen beds would be 4 people, ONE king, 2 people. Cots can be requested as long as they do not exceed the capacity of the room.

White Point Beach Resort – Property Map



White Point Beach Resort – General Info (Back side of the resort's printed Property Map, Feb 2025)

Thank you for coming to White Point! We want your stay to be great, and offer the following as a 'quick glance' reference. Of course, if you have any questions, just give us a call (dial 0) or drop by the Front Desk, we're always here.

Elliot's Dining Room

Breakfast: Daily 7:30 – 10:30am

Lunch: Daily 12:00pm - 2:00pm

Dinner: Daily 5pm – 8:30pm

Dinner reservations are required, book in the Dining Room, online or dial ext. 383.

Room Service is also available by dialing ext. 383.

Founder's Lounge

Open daily 11:00am until 10:30pm.

Munchie Menu: 12:00pm- 8:30pm

Entertainment: Every night from 7:30pm until 10:30pm. Children 18 and under are not permitted after 10pm.

General Information

Wi-Fi is available property wide with our compliments. No password required. Electric Vehicle Chargers are located outside Lakeside Hall. These are free of charge for our guests!

ATM & Vending Machines are located on the lower level of the Main Lodge. Ice Machines are located on the lower level of the Main Lodge and in the small building behind Lakeside Hall.

Ocean Spa offers a range of services, pick up a Spa Menu from the Front Desk. Dial "0" to make an appointment.

Guest Laundry is available all hours daily. Located on the lower level of the Ocean Spa building. Coin operated. Pick up detergent from the Front Desk.

For Accommodations with Fireplaces & Wood Stoves

If you are staying in one of these units, you will find extra wood, paper, and kindling in the box on your deck. Wood is replenished daily. If you require assistance starting your fire or require extra wood before morning, please contact the Front Desk by dialing 0.

Things to do during your stay...

Feed the Bunnies:(If you can find them!) Complimentary bags of bunny food are available at the Front Desk.

Children's Playground: Located between the vegetable garden and the boathouse.

Pickle Ball: Looking to try something new, stop by the recreation department, grab some equipment and head towards the playground where you will find the courts.

Hit the Beach: The beach sand shifts with the seasons, in winter we'll be a rock beach and the sand returns during the summer months.

Dog Park: Something for the furry friends, off leash dog park located near the boathouse.

Outdoor Pool: Closed for season

Boathouse: Closed for Season

Sea Scoops: Closed for Season

Golf Course: Closing for Season

Inside...

White Point Gift Shop: Features Nova Scotia Artists, clothing and pet supplies. Located in the Main Lodge, just down the hall from the Front Desk.

Open Thursday to Sunday 10am until 6pm

Indoor Pool: Open daily 8:00am-10:00pm. Children under 16 must be accompanied by an adult. Adults Only from 9pm to 10pm.

Hot Tub: Open daily 8:00am-10:00pm. Adults Only from 9pm to 10pm.

Sauna: Open daily 8:00am-10:00pm. Adults Only from 9pm to 10pm.

Games Room: Open daily 9:00am-10:00pm.

Kids Zone: Open daily 9:00am-10:00pm.

Fitness Centre: Open daily 6:00am –10:00pm. Pick up your key from the Recreation Office or Front Desk



We're very 'sociable', please join us and visit whitepoint.com!