



YMCA KARATE SPRING SCHEDULE



Introduction to Shorin-Ryu Karate

Open to all new students 8-15 yrs.

~ Need at least 8 students to offer this class ~

Tuesdays, 6:30 - 7:30 p.m., January 24th - February 28th

Cost: \$20.00/members & \$30.00/non-members

Shorin-Ryu Karate

Pre-requisite: Introduction to Shorin-Ryu Karate & 8+ yrs. of age.

Tuesdays & Thursdays, 5:30 - 6:30 p.m.

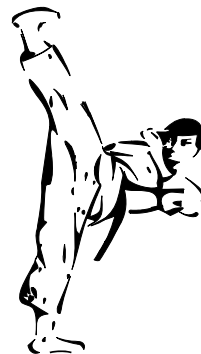
Monthly Rate: \$20.00/members & \$35.00/non-members

Introduction to Shorin-Ryu Karate Adult

Open to new students 16 or older.

Thursdays, 6:30-7:30 p.m., January 24th - February 28th

Cost: \$20.00/members & \$30.00/non-members





Karate Registration form

___ Shorin-Ryu (open) ___ Intro to Shorin-Ryu Adults ___ Intro to Shorin-Ryu Kids (8 years-16 years)

Parent: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Name of child: _____

Age: _____ Interest/hobbies: _____

Medical/Orthopedic Concerns _____

WAIVER/RELEASE: The Baker County Family YMCA does not carry accident insurance on its members and participants, nor is it responsible for any thefts or losses of personal properties. On behalf of myself, my dependents and family, I understand that here are inherent risks involved in any and all activities that the YMCA offers, and I assume those risks, financial responsibilities and any losses and agree to waive, release, indemnify and hold harmless the YMCA and any and all staff, personnel, volunteers, sponsors and other businesses and organizations which may be associated with the YMCA and its programs from any and all claims, expenses, negligence, liabilities and actions which may arise as a result of participation in YMCA programs and activities. I will inform the appropriate YMCA personnel of any limitations I may have or incur which may limit my participation in YMCA activities and/or programs. In the case of a medical emergency, I authorize the YMCA staff, volunteers, and personnel to seek appropriate medical action and agree to assume all financial responsibility for the same both now and which may arise in the future. I further give permission to the YMCA to use photos of myself, my dependents and family for YMCA promotional purposes. I HAVE READ AND FULLY UNDERSTAND THE PRECEDING.

PARENT SIGNATURE

DATE

Office Use:

Staff: _____ Date: _____ Received: \$ _____ Starting Date: _____

Dojo Rules

1. No horse playing. Karate training is a serious endeavor and requires focus, determination, and endurance.
2. No talking in class unless the instructor gives you permission.
3. You may ask questions if they are respectful, but no commentaries.
4. Stand at attention on the dojo floor unless the Sensei instructs you to do something else.
5. Attention to protocol is more important than your abilities to perform Kata.
6. What you do outside the dojo can impact your karate training. You are a representative of your dojo, so you must act accordingly.
7. Do not misuse your karate training. "Karate Ni Sente Nashi"
8. No eating in the dojo. Do not bring food/candy into the dojo.
9. Take everything you brought with you when you leave.
10. You may only have water in the dojo, and that is recommended.
11. Trips to the bathroom during class must be kept to a minimum.
12. Do not disrupt the class in any way.
13. It is expected that you will assist with setup and cleanup of equipment and with keeping the dojo clean.
14. Wear a clean gi and belt. (No shorts or street clothes.)
15. Personal hygiene is a requirement.
16. Monthly dues are due by the 1st class of the month.
17. Never correct the instructor. You may ask a question if you do not understand.
18. Be on time for class.
19. It is customary to inform the Sensei if you will not be in class.
20. Walk directly from the lobby into the dojo. Do not linger in the weight room.

Failure to comply with dojo rules will result in consequences ranging from verbal redirection, a Letter of Correction, to Dismissal.

Signature

Date