

**10 Week Session
- Saturdays
beginning
October 1, 2016**



Gillam-Grant Community Center

6966 West Bergen Rd. Bergen, NY 14416 (585) 494-1621

ISSHIN RYU

Karate and Martial Arts Programs

In addition to physical fitness, Karate, a martial art, gives improved coordination, self-protection, concentration, builds confidence and self-esteem in the knowledge that one can defend oneself if necessary. Conditioning exercises for stamina and strength are included. Karate promotes discipline and mental focus. It's a fun family activity. Open to students ages 5 and older, teens and adults. The 10-week program starts 10.01.2016 in the BBCS Elementary School Gym & Cafetorium. **Registrations can be completed at www.gillamgrant.org on the Register page. This form completed must be brought to your first class.**

LEVELS

- **KARATE FOR BEGINNERS** 10:15 -11:15 a.m.
All Ages. Ages 5 & 6 meet in Cafetorium, older students and adults are divided into groups according to age and meet in the Elementary Gym. \$40 All first time Beginners!
- **WHITE/YELLOW/ORANGE/ JUNIOR GREEN BELTS**
10:15 -11:15am \$45 M/ \$60 NM
- **GREEN/BROWN/BLUE/BLACK BELTS**
9:00 a.m. -10:00 a.m. \$45 M/\$60NM
- **KALI (stick) IAIDO (sword)** 11:30—12:45p.m.
Permission required. Ages 10 and up, \$45M/ \$60NM
- **Jeet Kune Do/Kung Fu** 1:00—2:00 pm for ages 10 and up, \$45M/ \$60NM

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CLASSES: OCT 1,8,15,22,29 NOV 5,12,15 DEC 3,10,17

STUDENT'S NAME: _____

INSURANCE CARRIER: _____ POLICY #: _____

PARENT/GUARDIAN OR EMERGENCY CONTACT **No Insurance**

NAME: _____

PHONE: WORK _____ HOME _____ CELL _____

Insurance Waiver: I as the STUDENT OR THE PARENT/GUARDIAN OF THE STUDENT hereby release, indemnity, and hold harmless the Gillam-Grant Community Center, Inc, the Byron-Bergen Central School District, Collamer-Jones Karate, Inc. the staff, instructors, any and all. In case of injury to myself or my child, I hereby waive all claims against the GGCC, the staff, or instructors appointed by them for all damages not limited to personal injury caused by fault or negligence, arising from instruction, or participation in the karate and martial arts programs. I likewise waive, to the extent not covered by liability insurance, any claim against any person transporting myself or my child to and from karate and martial arts programs.

Fees are due at the time of registration. A \$40.00 return check fee applies. Registration fees will only be reimbursed to those with a physician's medical excuse prior to the program start date.

Signature of Student: _____ Date: _____

Signature of Parent or Guardian: _____ Date: _____

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