



# KARATE AT CAMILLA



*Karate is back at Camilla School after 6 long years away!*

Certified Black Belt instructor, Sensei Janet Vranas, 6<sup>th</sup> dan, will guide you towards greater self confidence and discipline as you improve your balance, coordination, flexibility and reaction and best of all it is a lot of fun!

We will start with a beginner program only for children in Grade 1 to 11 years of age. Uniforms will be needed and you can purchase through the dojo or see if you can find a used one from someone.

The plan is that upon dismissal the students grab all that they need to bring home and meet me at the Cultural Circle. I will then walk them over to the gym. It is very important that you be on time for pickup as we have to leave right after class for our Legal location.

When: **Tuesdays, Oct 4-Dec 13 (10 week session) No class Nov 8**

Time: **3:15-4:05 pm**

Where: **RQB Community Center Gym**

Ages: **Grade 1 to 11 years**

Fees: **\$175 for classes \$50 for uniform**



**How to Register:** Please fill in the registration form below and scan and email it to [desakarate@shaw.ca](mailto:desakarate@shaw.ca) or bring it to the St. Albert dojo at 3 Rowland Cres at a prearranged time to register, pay and get your uniform. You can also mail it with payment to the address at the bottom of the flyer if you have a uniform already. Payment is by cheque to MEM Karate or cash. eTransfers could be arranged.

**Registration deadline is Sept 29.**

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Need Uniform:  Have Uniform:

Any medical conditions or food allergies we need to be aware of? \_\_\_\_\_

**Waiver**

I acknowledge that karate, related martial arts and self defense are full body contact activities and as a consequence, there is a risk of physical injury while participating. I further acknowledge having read this Liability Release carefully and confirm that I understand its terms and agree to be bound by it. In consideration of M.E.M. Karate Ltd. accepting this application, I, the undersigned, for myself, my heirs, executors, administrators and assigns release M.E.M. Karate Ltd., its servants agents directors, and employee from any claims, demands, damages, person or property while attending at or participating in a karate, self defence, martial art or related activity notwithstanding any such loss, injury or damage may have arisen by reason of the negligence of M.E.M. Karate Ltd., its servants, agents, or employees. Without limiting the generality of the foregoing, I further release any recourses which may now or hereafter have resulting from any decision of M.E.M. Karate Ltd.

Parent/Guardian Signature

Date

CHEQUE

CASH

eTRANSFER

AMOUNT PAID: \_\_\_\_\_



**Sensei Manuel deSa**  
3 Rowland Crescent, St. Albert, AB T8N 4B2

[desakarate@shaw.ca](mailto:desakarate@shaw.ca)  
[www.desakarate.com](http://www.desakarate.com)

**780-458-6931**