



KARATE AT CAMILLA



Karate is returning to Camilla after Christmas!

Certified Black Belt instructor, Sensei Janet Vranas, 6th 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!

Assisting will be Sempai Noah deSa, 3rd dan & Sempai Joseph Nelson.

When: **Tuesdays, Jan 10-Mar 14 (11 week session)**
 Time: **3:20-4:10 pm**
 Where: **RQB Community Center Gym**
 Ages: **Grade 1 to 11 years**
 Fees: **\$180 for classes \$50 for uniform**

If busses are not running due to weather concerns there will not be a class. We will make up any class missed on March 21. Hopefully not more than one is missed due to the weather! If school is closed for a PD day etc... class will run as usual.

Students to meet at the cultural circle immediately upon dismissal and we will walk over to the Community Gym, so dress them accordingly!



How to Register: Please fill in the registration form below and scan and bring to class or email to desakarate@shaw.ca or bring it to the St. Albert dojo at a prearranged time if you are a new student needing to purchase a 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 Jan 6.

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: _____



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