



KARATE AT CAMILLA



We are back in action again this fall and new students are welcome to join. Last year almost all the students achieved yellow belt and we even have a few blue belts now! Because of this, the program will now accept new students, current white belts and any students who are blue/red belt as well.

Certified Black Belt instructor, Sensei Janet Vranas, 7th 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!

When: **Tuesdays, Sept 26-Dec 5 (10 week session)**
(Oct 10 & 31 moved to the Fridays of same week. No classes week of Nov 6)

Time: **White belts 3:15-4:00 pm / Yellow/Blue/Red belts 3:15-4:15 pm**

Where: **RQB Community Center Gym**

Who: **Grade 1 & up**

Fee: **\$45 min class - \$170 1 hr class \$ 185 \$50 for uniform**

Students yellow belt and above should purchase at least the minimum requirements for sparring gear.



How to Register: Please fill in the registration form below and scan and email to desakarate@shaw.ca or bring it to the St. Albert dojo at **3 Rowland Crescent** 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: We need a minimum of 12 participants registered by **Sept 20** to run the fall session.

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 Janet Vranas

3 Rowland Crescent, St. Albert, AB T8N 4B2

desakarate@shaw.ca
www.desakarate.com

780-458-6931