### **REGISTER HERE**

#### **Participant First & Last Name**

| D/O/B   |  |  | Age  |  |  |
|---|--|--|--|--|--|
| Gender:   | М  | F  | Unspe  | ified  |  |
| Address   |  |  |  |  |  |
| City  |  | Z  | ip   |  |  |
| Email   |  |  |  |  |  |
| Phone   |  |  |  |  |  |
| communicat  | e with for tl  | ormation (Thi<br>he program.)  | s person is  | who we wi                                    |  |
| Work #  |  |  |  |  |  |
| Cell #  |  |  |  |  |  |
| Email   |  |  |  |  |  |
| D/O/B   |  |  |  |  |  |
| l am regis  | tering for   | :  |  |  |  |
| ☐ Beginne   | er 1 Class (   | pick day)  | Mon  | Thurs  |  |
| Beginne   | er 2 Class   |  |  |  |  |
| ☐ Interme   | ediate 1 Cla   | ass (pick day)   | Mon  | Thurs  |  |
| ☐ Interme   | ediate 2 Cla   | ass  |  |  |  |
| program an<br>YMCA, lead<br>claims that<br>participating<br>to the Y to | nd agree to<br>gue volunt<br>t may arise<br>ng in the p<br>o use any p<br>ed as part | my child to pa<br>o release the h<br>eers and spon<br>from injuries<br>rogram. I also<br>hotographs or<br>of this progra<br>notions. | darrison F<br>sors from<br>suffered<br>grant per<br>videogra | amily<br>any<br>while<br>mission<br>phy that |  |
| Signature   |  |  | Dato   |  |  |



HARRISON FAMILY YMCA 1000 Independence Drive Rocky Mount, NC 27804 P 252-972-9622 harrisonfamilyY.org





FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

# LEARN DISCIPLINE

## **Martial Arts**



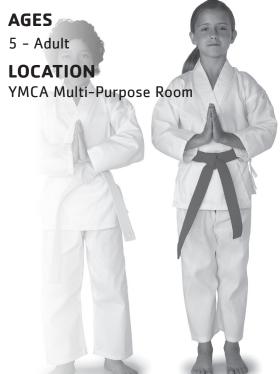
# ABOUT THE MARTIAL ARTS PROGRAM

Martial arts is a general term for different traditions of combat practice that exist in many cultures around the world. These traditions teach a combination of self-defense, competition, mental discipline and personal development through a blend of Japanese and Korean disciplines.

Martial arts classes at the Y consist of warm-up stretches, kicking, forms, cool-down stretches and meditation.

#### CHARACTER DEVELOPMENT

All programs focus on developing the character value traits of HONESTY, CARING, RESPECT & RESPONSIBILITY.



#### **DAYS & TIMES**

Program begins September 10<sup>th</sup>, 2018 and runs through May 2019. If you are unsure of which class level best fits the student, the instructor will make a class level suggestion.

| Beginner        | Intermediate             |
|-----------------|--------------------------|
| Mondays 5-6pm   | Mondays<br>6:15-7:15pm   |
| Thursdays 5-6pm | Thursdays<br>6:15-7:15pm |

#### **MONTHLY FEES**

| YMCA             | Community          |
|------------------|--------------------|
| Members          | Members            |
| \$45   2 classes | \$55   2 classes   |
| per week         | per week           |
| \$25   1 class   | \$30   1 class per |
| per week         | week               |



#### **WELCOME TO ALL**

Financial Assistance is available to those who apply and qualify. Annual Support Campaign Funds are raised each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download from our website.

#### **INFO TO KNOW**

Uniforms can be purchased from the front desk.

If the child is enrolled in after-school care, they will receive 15% off of program fee.

Students can be walked to Martial Arts from YMCA after-school by counselors.

Parents/families will not be allowed to stay in the program area. They can attend on show days, which will be the last Thursday of each month.

Proper Karate attire: Comfortable shorts or pants & tee shirt or Karate Uniform.

Monthly draft option available.

Parent sign in/sign out required.

15% of the program fee will be non-refundable should the registration be cancelled by the registrant. 100% will be refunded should the program be cancelled by the Y.

There is \$10 fee for returned payments.

Pricing is per monthly session.

### **REGISTRATION**

You may register by filling out the form in this brochure or online at <a href="https://harrisonfamilyy.org/programs">harrisonfamilyy.org/programs</a>