

## REGISTER HERE

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Gender:    M            F            Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**Contact Person Information** (This person is who we will communicate with for the program.)

Name \_\_\_\_\_

Work # \_\_\_\_\_

Cell # \_\_\_\_\_

Email \_\_\_\_\_

D/O/B \_\_\_\_\_

**I am registering for:**

Beginner 1 Class (pick day)     Mon     Thurs

Beginner 2 Class

Intermediate 1 Class (pick day)     Mon     Thurs

Intermediate 2 Class

I hereby consent for my child to participate in this program and agree to release the Harrison Family YMCA, league volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_ Date \_\_\_\_\_

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290

**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

### HARRISON FAMILY YMCA



## 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.**

### AGES

5 & up

### LOCATION

YMCA Multi-Purpose Room



## PROGRAM DATES & TIMES

September 5<sup>th</sup> - December 16<sup>th</sup>.

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 6:15-7:15pm
Thursdays 5-6pm	Thursdays 6:15-7:15pm

## MONTHLY FEES

YMCA Members	Community Members
\$45   2 classes per week	\$55   2 classes per week
\$25   1 class per week	\$35   1 class per 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 ordered through the YMCA at a \$20 fee at 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 [harrisonfamilyy.org/programs](http://harrisonfamilyy.org/programs)