



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BELT UP YOUR CONFIDENCE

Karate Class at the Y

The students will learn traditional karate, skill development, leadership, flexibility, mental and self-control. After the 12 week course students will have skills to advance to a new level. Instruction includes the proper execution of punches, kicks, blocks, and stances. The program is designed to teach children basic self-defense and karate, but more importantly self-discipline. Each class will introduce new skills and ideas while building on what they have already learned.

Classes begin September 2nd

Adams Mill Program Center (formerly Golden Strip Branch)

Mondays 4:30 pm 5-7 year old beginners
Mondays 5:30 pm 8-13 year old beginners
Mondays 6:30pm 5-13 year old intermediate

Caine Halter YMCA

Tuesdays 4:30pm 5-7 year old beginners
Tuesdays 5:30pm 8-13 year old beginners
Tuesdays 6:30pm 5-13 year old intermediate

Sara Collins Elementary School

Wednesdays 3pm for 2nd-5th graders

George I. Theisen YMCA (Travelers Rest)

Wednesdays 5pm 5-7 year old beginners
Wednesdays 6pm 8-13 year old beginners

Eastside YMCA

Fridays 4pm 5-7 year old beginners
Fridays 5pm 8-13 year old beginners
Fridays 6pm 5-13 year old intermediate

GHS YMCA - Simpsonville

Saturdays 11:30am 5-7 year old beginners
Saturdays 12:30pm 8-13 year old beginners

Cost: A onetime fee of \$150 (\$130 YMCA members) will cover 12 weeks of classes (three months). Uniforms are \$20.
IMPORTANT: Please register and pay by August 25th. Class sizes are limited so register early!



If this opportunity sounds right for your child, please register online at www.carolinakarate.net/programs or mail in registration form to **Carolina Karate**. Please make all checks payable to Carolina Karate. For questions or more information, please call Carolina Karate at 864.918.8989 or email info@carolinakarate.net

Adams Mill Program Center (formerly Golden Strip Branch) 100 Adams Mill Road Simpsonville, SC 29681 (864) 963-3608	CAINE HALTER YMCA 721 Cleveland Street Greenville, SC 29601 (864) 679-9622	EASTSIDE FAMILY YMCA 1250 Taylors Rd. Taylors, SC 29687 (864) 292-2790	GHS FAMILY YMCA 500 Brookwood Point Place Simpsonville, SC 29681 (864) 963-3605	GEORGE I. THEISEN YMCA 100 Inspirational Way Travelers Rest, SC 29690 (864) 834-2400
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Carolina KARATE Agreement:

Student Name _____ Guardian Name _____

Age _____ Sex: Male Female Belt Level: _____

Contact Phone number _____ Email Address _____

Street Address _____

City, State, Zip Code _____

Choose One: _____ Non-Member(\$150) _____ Member (\$130) / Membership Number: _____

Choose One: _____ Have Uniform _____ Need Uniform (add \$20) **TOTAL COST:** _____

Choose Class/Location:

Adams Mill Program Center Mondays

____ 4:30pm 5-7 Year Old Beginners

____ 5:30pm 8-13 Year Old Beginners

____ 6:30pm 5-13 Year Old Intermediates

GIT YMCA - Travelers Rest Wednesdays

____ 5pm 5-7 Year Old Beginners

____ 6pm 8-13 Year Old Beginners

Eastside YMCA Fridays

____ 4pm 5-7 Year Old Beginners

____ 5pm 8-13 Year Old Beginners

____ 6pm 5-13 Year Old Intermediates

Caine Halter YMCA Tuesdays

____ 4:30pm 5-7 Year Old Beginners

____ 5:30pm 8-13 Year Old Beginners

____ 6:30pm 5-13 Year Old Intermediates

GHS YMCA Saturdays

____ 11:30am 5-7 Year Old Beginners

____ 12:30pm 8-13 Year Old Beginners

Sara Collins Elementary School Wednesdays

____ 3pm 2nd-5th Grade Beginners

Checks payable to Carolina Karate and return to: 104B Mauldin Road, Greenville, SC 29605

Karate Class Waiver of Liability, Release Assumption of Risk & Indemnity Agreement—It is the purpose of this agreement to exempt, waive and relieve releasees from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of releasees. "Releasees" include **YMCA, Carolina Karate and Fitness Center**, other participants, coaches. Participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in karate events, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and participant's heirs, executors, administrators and assigns. Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to karate. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "releasees" identified below. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in ice hockey and member team activities in an age group above that which participant would normally participate in. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time. Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and agree that all of the risks and dangers described throughout this agreement, including those caused by the negligence of participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph. Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of dojo and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said locations, for negligent selection of certain releasees, or negligent supervision or instruction by releasees. If the law in any controlling jurisdiction renders any part of this agreement unenforceable, the remainder of this agreement shall nevertheless remain enforceable to the full extent, if any, allowed by controlling law. This agreement affects your legal rights, and you may wish to consult an attorney concerning this agreement. Participant (and participant's parent(s)/guardian(s), if applicable) agree if any claim for participant's personal injury or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless releasees from any and all claims or causes of action by whomever or wherever made or presented for participant's personal injuries, property damage or wrongful death. Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers of karate.

PARENT OR GUARDIAN NAME _____

PARENT OR GUARDIAN SIGNATURE _____ Date _____

Pease make your instructor aware of any medical conditions, limitations or injuries and list them below.