



Gillam-Grant Community Center

6966 West Bergen Rd. Bergen, NY 14416 (585) 494-1621

ISSHIN RYU

KARATE

10 Week Session - Saturdays - Begins March 28th, 2009

March 28, April 4, 25, May 2, 9, 16, 30, and June 6, 13, 20

In addition to physical fitness, Karate, a martial art, gives improved coordination, self-protection, concentration, builds confidence and self-esteem in the knowledge that one can defend oneself if necessary. Conditioning exercises for stamina and strength are included. Karate promotes discipline and mental focus. It's a fun family activity. Open to students ages 5 and older, teens and adults. The 10-week program starts Saturday, March 17th in the BBCS Elementary School Gym & Cafetorium. **Registrations can be returned to Gillam-Grant prior to the start day or bring the registration on the first day of class.**

LEVELS

KARATE FOR BEGINNERS 10:15 a.m. -11:15 a.m.

All Ages. Ages 5 & 6 meet in Cafetorium, older students and adults are divided into groups according to age and meet in the Elementary Gym. \$35 All first time Beginners!

WHITE BELTS 10:15 a.m. -11:15 a.m.

\$40 M/ \$45 NM

YELLOW/ORANGE BELTS 11:30 a.m. -12:30 p.m.

\$40 M/ \$45 NM

GREEN/BROWN/BLUE/BLACK BELTS

9:00 a.m. -10:00 a.m. \$40 M/\$45 NM

KALI (stick) IAIDO (sword) 12:45 p.m. -2:00 p.m.

Permission required. Ages 10 and Up. \$40 M/ \$45 NM.

If you are participating in a Karate program, Kali Iaido may be taken for only \$30.



Shihan Cyndy Jones oversees and instructs the Gillam-Grant Karate Program. She is a 7th Degree Black Belt in Isshin Ryu Karate with the title of Kiyoshi-go. She is also a full instructor in Filipino Kali and 4th Degree Black Belt instructor in Iaido.

Gillam-Grant Community Center **KARATE**

2009 ISSHIN RYU

Use one form per person please. Only one form needs to be completed per year for ongoing students.

STUDENT'S NAME: _____

ADDRESS: _____

CITY/TOWN: _____ STATE: _____ ZIP: _____

PHONE: _____ DATE OF BIRTH: _____ AGE _____ M _____ F _____

INSURANCE CARRIER: _____ POLICY #: _____

PARENT/GUARDIAN OR EMERGENCY CONTACT
NAME: _____

PHONE: WORK _____ HOME _____ CELL _____

LEVELS (check appropriate level please)

____ **KARATE FOR BEGINNERS** 10:15 a.m. -11:15 a.m. \$35 First time Beginners!

____ **WHITE BELTS** 10:15 a.m. -11:15 a.m. \$40 M/ \$45 NM

____ **YELLOW/ORANGE BELTS** 11:30 a.m. -12:30 p.m. \$40 M/ \$45 NM

____ **GREEN/BROWN/BLUE/BLACK BELTS** 9:00 a.m. -10:00 a.m. \$40 M/\$45 NM

____ **KALI (stick) IAIDO (sword)** 12:45 p.m. -2:00 p.m. \$30 (add on) or \$40 M/ \$45 NM.

Family discount: Receive a \$5.00 discount off each individual after the first family member's registration. **Immediate family members only!**

Insurance Waiver: I as the STUDENT OR THE PARENT/GUARDIAN OF THE STUDENT hereby release, indemnity, and hold harmless the Gillam-Grant Community Center, Inc, the Byron-Bergen Central School District, the staff, instructors, any and all. In case of injury to myself or my child, I hereby waive all claims against the GGCC, the staff, or instructors appointed by them for all damages not limited to personal injury caused by fault or negligence, arising from instruction, or participation in the karate program. I likewise waive, to the extent not covered by liability insurance, any claim against any person transporting myself or my child to and from karate activities.

Fees are due at the time of registration. A \$25.00 return check fee applies. Registration fees will only be reimbursed to those with a physician's medical excuse prior to the program start date.

Signature of Adult Student: _____ Date: _____

Signature of Parent or Guardian: _____ Date: _____

Office Use Only:				
Date Rec'd GGCC: _____	Amount paid: _____	Check# _____	<input type="checkbox"/> Cash	Staff Initials: _____
Date Rec'd GGCC: _____	Amount paid: _____	Check# _____	<input type="checkbox"/> Cash	Staff Initials: _____
Date Rec'd GGCC: _____	Amount paid: _____	Check# _____	<input type="checkbox"/> Cash	Staff Initials: _____
Date Rec'd GGCC: _____	Amount paid: _____	Check# _____	<input type="checkbox"/> Cash	Staff Initials: _____