Reservoir YMCA Seibukan Karate

Taught by" Sensei Tommy Turk, 4th Degree Black Belt

Family Christian Atmosphere, with Emphasis on Discipline and Core Values

There are many benefits

- **Family Discounts**
- **Build Strength, Coordination, and Discipline**
- **Gain Flexibility**
- **Increase Self Control**
- **Lose Weight**
- **Learn Self Defense**
- **Increase Energy**
- **Be Healthy!**

Karate Class Schedule

Beginner

Time: Tuesdays 6:15 – 7:35 PM
Cost: $25.00 monthly (for YMCA members)
$30.00 monthly (for non-members)

Intermediate

Time: Mondays and Thursdays 6:15 – 7:25 PM
Cost: $35.00 monthly (for YMCA members)
$45.00 monthly (for non-members)

Advanced

Time: Mondays and Thursdays 7:25 – 8:40 PM
Cost: $35.00 monthly (for YMCA members)
$45.00 monthly (for non-members)

Little Dragons (age 3 -6)

Time: Thursdays 6:20 – 7:15 PM
Cost: $20.00 monthly (for YMCA members)
$25.00 monthly (for non-members)

PLEASE NOTE:

Bonus classes are held on Saturdays (by announcement only)

Fees are due on the 1st of each month. A $5.00 late fee will apply after the 10th.

Name:_____**Birthdate:**_____

Parent Name(s):_____

Address:_____

City:_____**State:**_____**, Zip**_____

Email Address:_____

Home Phone:_____**Work or Cell Phone:**_____

Please circle one of the below items

Level: Beginner Intermediate/Advanced Little Dragons

I understand that even while every reasonable precaution is taken, accidents can still happen. Therefore, in exchange for the YMCA allowing me or my child(ren) to participate in YMCA activities, I release the YMCA for all liability or any injury, loss or damage connected in anyway whatsoever to my or my child(ren)'s participation in YMCA activities on or off the YMCA premises. I understand that this release includes staff, directors, members, and guests. I have read and am voluntarily signing this authorization and release. I also give my permission for my child to be photographed by the media or for promotional purposes. I also understand that there are no refunds for this program without a physician's written explanation of inability to participate.

Reservoir YMCA – 6023 Lakeshore Park - Brandon, MS 39047
(601) 992-9118
www.friendsforacause.com/karate