

# YHEALTH & WELLNESS™

We build strong kids, strong families, strong communities.

## YOUTH SELF-DEFENSE KARATE CLASSES

Registration going on NOW at the Mukilteo Family YMCA.



This Class Promotes

- Safety Awareness
- Physical Fitness
- Respect
- Self Discipline
- Self Confidence
- Goal Setting

**AND LOTS OF FUN!**

This youth course is designed for SELF-DEFENSE purposes emphasizing SAFETY AWARENESS. Self discipline rather than aggressiveness is promoted. A certified Black Belt will instruct Various basic Karate, Self-Defense & Forms. Physical contact is NOT allowed in beginner classes.



### Lil' Dragons Karate at Mukilteo Family YMCA: Ages 4 to 6

**When:** Wednesdays: September 16 - December 16th. **Times:** 4:00 - 4:45 pm & 5:00 - 5:45 pm.  
Thursdays: September 17 - December 17th. **Times:** 4:00 - 4:45 pm & 5:00 - 5:45 pm.

### Everett at Evergreen Middle School: Youth Karate: Ages 7 - 13

**When:** Mondays, September 14 - December 14.

The 1st night **ONLY** will be a 6:30 - 7:30 pm orientation class. Students will be divided into skill level groups.

The following weeks beginners will meet at 5:45 pm; intermediate at 6:40 pm; and the advanced group will meet at 7:30 pm.

**All returning students will meet at 7:45 pm the first night.**

### Mukilteo at Harbour Pointe Middle School: Youth Karate: Ages 7 - 13

**When:** Wednesdays, September 16 - December 16.

The 1st night **ONLY** will be a 6:30 - 7:30 pm orientation class. Students will be divided into skill level groups.

The following weeks beginners will meet at 5:45 pm; intermediate at 6:40 pm; and the advanced group will meet at 7:30 pm.

**All returning students will meet at 7:45 pm the first night.**

**COST: \$39 for YMCA Member for Youth Karate and \$35 for Lil' Dragons/ \$90 for Program Participants.**

A quality karate uniform is suggested (not required). There will be regular testing at the end the session.

A special parent demo and awards will be presented at the last class.

**REGISTRATION: Online at: [reg.ymca-snoco.org/fol.exe](http://reg.ymca-snoco.org/fol.exe) or at the Mukilteo Family YMCA**

**For more information go to: [www.YMCAKarate.com](http://www.YMCAKarate.com) or contact Cora Munson at 425.493.2436**

#### School District Distribution Disclaimer

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#### Financial Assistance

The YMCA of Snohomish County makes every reasonable effort to ensure that no person, especially youth, will be denied access to programs and membership because of financial hardship. The YMCA's Financial Assistance Program is supported by contributions to our annual Invest in Youth campaign and United Way. During 2008 approximately \$2,171,396 was provided in direct financial assistance to 7,002 individuals.



**Mukilteo Family YMCA**  
YMCA of Snohomish County  
10601 47th Place West  
Mukilteo, WA 98275  
425.493.9622  
FAX: 425.315.0482  
[www.ymca-snoco.org](http://www.ymca-snoco.org)

#### Our Mission

The YMCA of Snohomish County is composed of people of all ages, ethnic backgrounds and religious affiliations united in sharing the values of caring, honesty, respect and responsibility through programs that build strong kids, strong families and strong communities.

**YOUTH SELF-DEFENSE KARATE CLASSES  
FALL 2009**

**Youth Program Registration**

OFFICIAL USE ONLY

Date Received \_\_\_\_\_ Amt Paid \_\_\_\_\_ Staff \_\_\_\_\_

Circle one:

**New Student**      **Returning Student**

Circle one:

**Harbour Pointe**    **Evergreen**      **Lil' Dragons**  
**Mukilteo Family**  
**YMCA**

Last Name \_\_\_\_\_ First \_\_\_\_\_ Phone \_\_\_\_\_

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

Male \_\_\_\_ Female \_\_\_\_ Email \_\_\_\_\_ Height \_\_\_\_\_

Birthdate \_\_\_ / \_\_\_ / \_\_\_ Age \_\_\_\_\_ Grade (08-09) \_\_\_\_\_ Local School \_\_\_\_\_

Does your child have any limitations or special medical or behavioral concerns that we should be aware of

(medication, allergies, or other) \_\_\_\_\_

Mother/Guardian Name \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Father/Guardian Name \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

**Participation and Release of Liability**

**Release/Participation:** I am the parent or guardian of the participant. I give permission for my child to participate in YMCA activities. I understand that accidents can sometimes happen. Therefore, in exchange for the YMCA allowing my child to participate in YMCA activities, I understand and expressly acknowledge that I release the YMCA, its employees, boards, members, volunteers or guests from all liability for any injury, loss or damage connected in any way whatsoever to participation in YMCA activities whether on or off the YMCA's premises. I understand that this release includes any claims based on negligence, action or inaction or the YMCA, its employees, boards, members, volunteers or guests.

**Medical Treatment:** I give permission for YMCA staff or volunteers to provide emergency medical treatment for my child, and to transport to an emergency center for treatment. Also, I consent to medical treatment for my child deemed immediately necessary or advisable by a physician.

**Insurance:** I understand that the YMCA does not provide any accident or health insurance for its members or participants and further understand it is my responsibility to provide such coverage.

**Member Conduct:** I agree for myself and my child to abide by the YMCA code of conduct and all policies and procedures of the YMCA of Snohomish County and its branches. YMCA participation excludes Level 2 and Level 3 Registered Sex Offenders.

**Property Loss:** The YMCA is not responsible for personal property lost, damaged or stolen while using YMCA facilities, including parking lots, or participating in YMCA programs.

**Photograph Permission:** I give permission for the YMCA to use, without limitation or obligation, photographs, film footage or tape recordings which may include my child's image or voice for purposes of promoting or interpreting YMCA programs.

Signature of Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_