



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOCUS RESPECT DISCIPLINE



Karate Class

PIKE COUNTY YMCA

Description: Shotokan Karate focuses on developing the body and improving one's character and mental discipline. The class is geared for individuals of all ages who are interested in learning specific karate techniques and moves. Shotokan karate emphasizes on correct posture, correct joint alignment, and formality of basic technique above all else. For those individuals who continually take Shotokan karate they will benefit from an increased sense of awareness, better cardiovascular health, self-confidence and a more convenient form of stress management.

- Runs with session Cycles
- Ages - Youth to Adult
- \$20 Members & \$40 Non-Members (4-weeks)

WHEN: Monday

TIME: 7:00pm—8:00pm

LOCATION: PIKE COUNTY YMCA
400 Pride Drive
Waverly, OH 45690

P 740.947.8862

F 740.947.5616

W pikecountyyymca.org



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Karate Class

REGISTRATION FORM

Date: _____

SESSION DATES:

Please circle course registering for) Calendar Year 2017

January 2—January 28	April 24—May 20	August 14—September 9
January 30—February 25	May 22—June 17	September 11—October 7
February 27—March 25	June 19—July 15	October 9—November 4
March 27—April 22	July 17—August 12	November 6—December 2
		December 4—December 23

Class registering for:

Monday— 7:00pm _____

Name: _____ DOB: _____ Age: _____ Male / Female

Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Name: _____ Phone: (____) _____

E-Mail Address: _____ YMCA Member: YES ___ NO ___

Signature: _____ Date: _____

(If participant is under 18 parent/guardian must sign)

I, the parent/guardian of the child named above, verify that the information given is correct and do hereby release and discharge the Pike County YMCA, its staff, coaches, board members and volunteers from any and all claims of damages in any manner arising from his/her participation in the Karate Class. Furthermore, I authorize the use of the photos taken during said program to be used for official Pike County YMCA publications.