

# Paxton Park District ~~~ Karate ~~~ Winter/Spring 2020

For Boys & Girls ages 8 and older. Class will combine beginner/intro students with experienced/belted students. Two separate 6-week sessions, totaling 8 hours, are currently offered through the spring...with more to come in August!

## SESSION I

February 25<sup>th</sup> – April 7<sup>th</sup>

Tuesdays 5:00 - 6:00\* at the Paxton Civic Center

\*Class on 3/24 & 4/7 will be 5:00 – 7:00

\*No class on 3/17

## SESSION II

April 14<sup>th</sup> – May 26<sup>th</sup>

Tuesdays 5:00 - 6:00\* at the Paxton Civic Center

\*Class on 4/21 & 5/5 will be 5:00 – 7:00

\*No class on 5/12

## REGISTRATION INFORMATION

*(Session I Deadline: 2/21 ~~~ Session II Deadline : 4/10)*

Beginner/Intro students: \$100 (\$90 with Paxton resident discount). Price is per session.

Belted students: \$110 (\$100 with Paxton resident discount). Price is per session.

\*\*\*\$10 sibling discount per child\*\*\*

## CLASS INFORMATION

- New/intro students will not be required to have a uniform or gear.

Student can wear long shorts or light sweats and a t-shirt. No tank tops. Socks and shoes are not worn in class. Student will first learn karate etiquette to go along with the basic aspects and goals of martial arts.

This is a great opportunity to discover if karate is something to continue pursuing without a lot of up-front investment.

Upon successful completion of 8-week class, student may advance to the Belted program for the next session.

Belted students who have already completed an Intro session with Sensei Tammy, uniform and gear is required. It may be purchased through Sensei Tammy in the first weeks of their belted class. Cost is approximately \$130 dollar for uniform, top, pants, belt, and head, arm, foot, mouth guard sparring gear. *This is not part of the registration fee.* Additional information and reminders on this will be given out to parents by Sensei Tammy.

## STUDENT INFORMATION

\_\_\_\_\_  
*Student Name*

\_\_\_\_\_  
*Age*

\_\_\_\_\_  
*Parents(s) / Guardian(s)*

\_\_\_\_\_  
*Phone Number*

\_\_\_\_\_  
*Email Address*

\_\_\_\_\_  
*Session (indicate Intro Session I, Intro Session II, Belted Session I and/or Belted Session II)*

\*Enrollment is limited. Sign up's will be on a first-come first-serve basis. SEE ABOVE FOR REGISTRATION DEADLINES\*

## ABOUT THE INSTRUCTOR & CLASS

Sensei Tammy Pfrang is a 3<sup>rd</sup> Degree Black belt trained in Okinawan style and progressive karate do'. She began her training in Okinawa, Japan and now has over 30 years as a karate practitioner and competitor. Many of those years have been spent training and teaching youth and adults. Sensei Tammy teaches in a traditional style with honor, integrity, respect, self-discipline, and goal setting/achieving at the center of her teachings. She is passionate about teaching karate in a relational way. Students should expect to receive knowledge and guidance to not only accomplish karate goals, but also life goals.

Students will learn respect of others and themselves. Students will learn to set goal and work hard to achieve them. This class will provide a positive peer group in an atmosphere of humility and respect. Students will learn to continually establish the proper kind of self-confidence to not be a victim of violence/bullying through problem solving without fighting. Physical skills taught in karate are only to be used in self-defense situations.

The Paxton Park District is committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of participants in the highest possible regard. Participants and parents registering their child in recreation programs must recognize however, that there is an inherent risk of injury or death when choosing to participate in recreation activities. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety.

Please recognize that the Paxton Park District does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering themselves or a family member for a recreation program/activity should review their own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make the Park District automatically responsible for the payment of medical expenses.

Due to the difficulty and high cost of obtaining liability insurance, the agency providing liability coverage for the Park District requires the execution of the following Waiver and Release. Your cooperation is greatly appreciated.

**WAIVER AND RELEASE OF ALL CLAIMS FROM PAXTON PARK DISTRICT**

Please read this form carefully and be aware in registering your child or ward for participation in this program you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of this program.

**ACTIVITY/PROGRAM/LEAGUE:      YOUTH KARATE – WINTER/SPRING 2020**

As a parent/guardian of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages, or loss which I or my minor child/ward may sustain as a result of participating in any and all activities connected with such a program.

I agree to waive and relinquish all claims I or my minor child/ward may have as a result of participating in the program against the Park District and its officers, agents, servants, and employees.

I do hereby fully release and discharge the Park District and its officers, agents, servants, and employees from any and all claims from injuries, including death, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program.

I further agree to indemnify, hold harmless, and defend the Park District and its officers, agents, servants, and employees from any and all claims resulting from injuries, including death, damages, and losses sustained by me or my minor child arising out of, connected with, or in any way associated with the activities of the program.

I also understand that by registering my child in a Park District sponsored activity, I give my consent for Park District personnel to take photographs of the activity which my child may be participating, for the sole purpose of professional use, whereas professional use is defined as uploading photographs to the Park District website and/or seasonal activity brochures.

In the event of any emergency, I authorize Park District officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

As a parent/guardian of a participant in the program, I have read and understood the Paxton Park District "Parent Code of Conduct" form and agree to its principles and expectations.

Upon completion of this waiver, I understand any and all registration fees must also be submitted to the Park District prior to any participation in an activity. Any checks made payable to the Paxton Park District which are returned on the basis of nonsufficient funds are subject to an extra \$25 fee.

Emer. Contact Phone if not listed on registration \_\_\_\_\_

Allergies \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Physician \_\_\_\_\_

Physician Phone \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_