



Karate NL – Active Start Program 2011 – Karate Fun & Fitness

Karate NL is offering a day of karate fun as part of its **Active Start Program** to promote fitness through karate fundamentals. There is **“no charge”** but the number of participants is limited. Each karate member may invite one friend (free) to participate with him/her in the karate fun & fitness session on that day. There is no charge for the invited friend.

Who : Members of Karate NL and friend/family

When: Saturday Jan 29th, 2011

Where: St. George’s Elementary School Gym, 234 Conception Bay Hwy, CBS NL

Time: Age Category

Up to 8 years of age 10:00 am to 12:00 pm

9 years of age and up 2:00 pm to 4:00 pm

Karate NL members may participate by completing a registration form to be submitted to your Sensei/Sempai

Please register only if you are completely committed to attending.

Do not waste a place which another child would be able to fill.

Deadline Monday Jan 24th /2011

Registration Form: Active Start Program – Karate Fun & Fitness – Saturday, Jan 29th, 2011

_____		_____	
Dojo	Sensei/Sempai (Instructor)		
_____		_____	_____
Student’s Name	Age	Rank	Contact Ph #
_____		_____	_____
Friend’s Name	Age	Contact Ph #	

Please check only one of the sessions below. Participants are grouped by age.

8 years and under.

Time: **10am to 12:00pm St. George’s Elementary School Gym**

9 years and older.

Time: **2:00pm to 4:00pm St. George’s Elementary School Gym**

Parental Permission for Karate Member:

I give permission for my child _____ to participate in the Saturday, Jan 29th, 2011 Karate NL Karate Fun & Fitness Session at **St. George’s Elementary School Gym.**

_____	_____	_____
Signature of Parent/Guardian	MM/DD/YYYY	Contact #

Parental Permission for Friend of karate member:

I give permission for my child _____ to participate in the Saturday, Jan 29th, 2011 Karate NL, Karate Fun & Fitness Session at **St. George’s Elementary School Gym.**

_____	_____	_____
Signature of Parent/Guardian	MM/DD/YYYY	Contact #