This is a progressive colored belt program, taught by 9th degree black belt Shihan Coker, promoting physical and mental well-being through hard work, ritual, and self discipline. Its purpose is self defense, not aggression. Class size is limited.

### See Membership Services to register

<table>
<thead>
<tr>
<th>Ages 5+</th>
<th>Belt Level</th>
<th>Wednesday &amp; Friday</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Karate</td>
<td>None</td>
<td>5:30 - 6:00 pm</td>
<td>01</td>
</tr>
</tbody>
</table>

Intro Class:
- Starts the first Wednesday of each month and runs 8 classes.
- Fill out the registration on the back of this form & register with Member Services.

*Anyone that is new to this Karate program regardless of age or experience must take the Intro Class.

### Intro Class Start Dates:
- June 5
- July 3
- August 7
- September 4
- October 2
- November 6
- December 4

Monthly Karate program fees are paid via monthly bank draft. Rates are based on year long participation and account for breaks in the program. There are no payment adjustments for missed classes. Payments will be debited on the 20th of the month prior. Cancellation form must be filled out by the 5th of the month to cancel any Month-to-Month payments.

Fill out the separate Registration and Automatic Payment Plan form to register for the Karate program at Member Services.

<table>
<thead>
<tr>
<th>Ages 5+</th>
<th>Belt Level</th>
<th>Wednesday &amp; Friday</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>White Belts &amp; Gold 1st Tip</td>
<td>6:00 - 6:30 pm</td>
<td>2</td>
</tr>
<tr>
<td>Novice</td>
<td>Gold 2nd Tip</td>
<td>6:30 - 7:00 pm</td>
<td>3</td>
</tr>
<tr>
<td>Novice</td>
<td>Pretty/Orange</td>
<td>7:00 - 7:30 pm</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 5+</th>
<th>Belt Level</th>
<th>Wednesday &amp; Friday</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate</td>
<td>Purple/Green</td>
<td>7:30 - 8:15 pm</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 5+</th>
<th>Belt Level</th>
<th>Tuesday, Wednesday &amp; Friday</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced</td>
<td>Blue/Brown/Black</td>
<td>8:15 - 9:00 pm</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 21+</th>
<th>Belt Level</th>
<th>Monday</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADULT</td>
<td>All Levels</td>
<td>11:00am- 12:00pm</td>
<td>7</td>
</tr>
</tbody>
</table>

YMCA of Greater Syracuse Family Members:$22/month*
YMCA of Greater Syracuse Youth/Adult Member: $32/Month*
(Fees do not include Belt/Gi/Tournaments)

YMCA of Greater Syracuse Family Members:$30/month*
YMCA of Greater Syracuse Youth/Adult Member: $40/Month*
(Fees do not include Belt/Gi/Tournaments)

YMCA of Greater Syracuse Family Members:$45/month*
YMCA of Greater Syracuse Youth/Adult Member: $55/Month*
(Fees do not include Belt/Gi/Tournaments)

YMCA of Greater Syracuse Family Members:$22/month*
YMCA of Greater Syracuse Youth/Adult Member: $32/Month*
(Fees do not include Belt/Gi/Tournaments)

*A minimum of 6 participants must be reached for a class to run.

*RATES ARE SUBJECT TO CHANGE
Youth & Adult Karate
Wednesdays & Fridays
5:30– 9:00pm

Level:
- Introductory (no belt) 5:30-6
- Beginner (white) 6-6:30
- Novice (gold) 6:30-7
- Novice (pretty/orange) 7-7:30
- Intermediate (purple/green) 7:30-8:15
- Advanced (blue/brown//black) 8:15-9
- ADULT 11-12 MON

Participants Name ___________________________ Age _________ D.O.B. ___/___/______ __________ Boy __________ Girl

Parent’s or Guardian’s Name ___________________________ Phone (H)__________ (C)_________

Address ___________________________________________ City ___________________________ Zip ________________

Occupation _________________________________ Phone ________________ Email ____________________________

Emergency Contact Person (other than par/guar) ___________________________________________ Phone ____________________

Special health needs/special requests (we will do our best to accommodate)

Agreement:
I hereby certify that (I am/my child is) in normal health and capable of safe participation in Sports Programs. I assume all risk and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA to obtain medical treatment for (me/my child) in the event that parents and emergency contact cannot be reached.

I support the YMCA program philosophy, which is based on participation, fun, physical fitness and health, skill development, team work, fair play, family involvement, and volunteer leadership.

I have read and agree to abide by the YMCA of Greater Syracuse Member Code of Conduct.

Any physical aggression directed toward another member, or a staff member, may result in immediate dismissal from the program. Dismissal from the program may vary for a length of time dependent on the severity of the physical aggression.

Attendance is required. Participants who miss more than two meetings will be removed from the program.

Yes  No  I authorize the YMCA to use (my/my child’s) photograph for publicity and marketing purposes (i.e. program guide)

Print Name ___________________________ Signature ___________________________ Date ___________________________

Intro Karate Program Refund Policy– Refunds will be issued if notice is given within three business days prior to the start date of the program. Once the program has started there will be no refunds issued. The YMCA reserves the right to cancel a program that does not have the minimum enrollment. Programs cancelled by the YMCA will be refunded in full by check or as a program credit, based upon member’s preference. All refunds must be made through the director of the program.

STAFF USE ONLY

Registered into CCC  Date:_______________________ By:_______________________

Please initial if complete: _______ Participant email updated upon registration

*A copy of this form should be submitted with a Quarterly Payment Form /Originals in Sports Directors Mailbox.