



SEALY
KARATE SCHOOLS



Sealy Karate Schools

P.A Day Activity Camp

Monday February 22, 2010 - 9 am - 4 pm.
(ASK ABOUT EARLY DROP OFF AND LATE PICK UP)
*MINIMUM OF 6 CAMPERS

Tentative Daily Schedule

9:00-10:00 *Stretch and morning workout.*
10:00-10:15 *Change & Snack Time*
10:15-11:30 *Hiking / Park / Outside Time*
11:30-12:15 *Daily Karate Curriculum Class*
12:15-1:00 *Lunch*
1:00-1:30 *Reading*
1:30-3:00 *Outside Time*
3:00-4:00 *Afternoon workout and games.*
3:00-4:00 *Special Classes*

What you need to bring:
Your Gi, outdoor clothes, snack & drink, games, books to read (small children will be helped) .

Cost:
B.B.M. \$35/Day*
Members \$40/Day*
Non-Members \$45/Day *
* plus G.S.T
25% discount for second family members.

Special classes will include grappling, throws, falls & take-downs, self-defense & pizza party and demo for parents. We will have "out-of-school" trips to the park, permission forms will need to be signed for each participant.

P.A. Days 2009/2010:

Sept. 28/09
Jan. 22/10*
Feb. 22/10
June 4/10

Why not join us for Camps
on March Break, Summer
& Winter Break
* Montessori P. A. Day

Name _____

Address _____

Email Address _____

Phone _____

Method of Payment

Visa Check
 MasterCard Debit

Credit Card # _____ Exp. date _____

Signature _____

Campers Birthday _____

Registration/Permission Form

Please return form with payment plus GST. Please write emergency numbers and health card numbers and any special medical information on this slip and sign.

PLEASE INDICATE WHICH DAYS / WEEKS YOU WILL ATTEND.

I understand and agree that Sealy Karate will not be held liable for any injuries, damages, etc. not caused by or resulting from the negligence of the owner, operators, or persons in charge of such establishment, or their agents, servants or employees.

PARENTS SIGNATURE _____

Camper's Name _____

Camper's Address _____

Health Card & Health Information _____

Dates Attending _____

Amount Paid: _____