



Cayuga Lake Seido Karate Spring 2012 - Session 3

Instructors: Kyoshi Robin McColley, 5th dan, and Kyoshi Gail Lajoie, 5th dan



Mondays: Lansing ES Gym	Tuesdays: Community Center, 2nd floor	Thursdays: Lansing ES Gym
5:45 -6:30 PM Basics Class Juniors (ages 6-8) All Belts	5:45-6:30 PM Basics Class Juniors (ages 6-8) All Belts	5:45-6:30 PM Basics Class Juniors (ages 6-8) All Belts
6:30-7:30 PM Basics Class Youth and Adults (ages 9+) All Belts	6:30-7:00 PM Kata/Kumite (alternating) Juniors and Youth (ages 6-13) Blue Belts and above	6:30-7:30 PM Basics Class Youth and Adults (ages 9+) All Belts
7:30-8:15 PM** Specialized Class (please see description and requirements below)	7:00-7:45 PM Basics Class Youth and Adults (ages 9+) All Belts	7:30-8:15 PM** Specialized Class (please see description and requirements below)
	7:45-8:30 PM** Specialized Class (please see description and requirements below)	

**Specialized classes in Endurance, Kata, Kumite, and Meditation are offered on a rotating schedule. Youths (ages 9-13) must be yellow belts or above and adults (ages 14+) must be advanced white belts or above to attend.

Dates: Mondays: April 30, May 7, 14, 21, and June 4, 11, 18
 Tuesdays: May 1, 8, 15, 22, 29, and June 5, 12, 19
 Thursdays: May 3, 10, 17, 24, 31, and June 7, 14

Fee: Children (6-13) - \$60 for one day/week; \$115 for two days/week; \$135 for 3 days/week
 Adults (14 – older) - \$80 for one day/week; \$145 for two days/week; \$165 for 3 days/week

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Name: _____ Home Phone: _____ Work Phone: _____

Address: _____

Email Address: _____ Date of Birth: _____ Grade: _____ Age _____

Class requested: Mondays Tuesdays Thursdays
 One day/week (\$60/\$80) Two days/week (\$115/\$145) Three days/week (\$135/\$165)

By signing this form, I agree not to hold the Town of Lansing or anyone associated with this program liable for any injury or illness as a result of participating in this program.

Signature: _____

Parent/Guardian Signature (if student under 18): _____ Date: _____

For official use only: Paid by cash _____ Check # _____ master/visa # _____