



TRUE MARTIAL ARTS

Returning for their 17th year at Audubon Elementary

Tuesday and Thursday mornings 7:30 AM until 8:15 AM

Emphasis is put on discipline, respect, and learning *realistic self-defense*. Students develop self-confidence by setting goals, striving for excellence and accomplishing what they set out to do. Students will improve posture and coordination and acquire skills they never thought possible, unlocking their own potential and giving them a positive outlook that can last a lifetime. **No martial arts experience is necessary to join the program.**

The classes will run continuously throughout the school year. There will not be classes when school is out. Students may join this class at any time, provided there is space available.

Cost per session is \$98 (a 30% savings from the studio rate!) To pre-register, please return this form to school with your payment no later than Friday, September 18. If you have other questions about this class, you may contact PTSA Extended Classes Chair Julie Haase at juliehaase@gmail.com or Instructor Jennifer Berg at 425.747.9313.

Student's Name _____ DOB _____

Address _____

Mother's Name _____ Home Phone _____

Work Phone _____

Father's Name _____ Home Phone _____

Work Phone _____

In the event of an emergency where neither parent can be reached, or the need for another adult to pick up my child in my absence, the following person is authorized to take charge of my child:

Name _____ Phone _____

Please be aware that:

- There is very limited liability insurance for medical claims arising out of student participation in the Morning Martial Arts.
- Students are NOT insured by the Lake Washington School District for injuries occurring as a result of participation in extended classes.

I have read and understand the above statement, and have made a voluntary choice to assume any risks which may be involved in my child's participation in Morning Martial Arts.

Parent/Guardian Signature _____ Date _____

