

Strandwood Elementary



Taekwondo Class: (Thursday 3:00 - 4:00) – The Art of Striking and Kicking. This program is designed for kids to quickly learn self-defense through games. They will learn punching, blocking, and kicking. Once they have learned the basics, they will move on to advance combination techniques through playing. They will also learn the tenets of this ancient art: Perseverance, Discipline, Self-Control, Courtesy, Indomitable Spirit, Integrity and respect.

10 Weeks for \$125 – 3/26, 4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 & 6/4

Class will be held in the multi-purpose room. **Uniform is included!**

Please register through your Strandwood PTA or at www.fitkidsamerica.org and you can also mail form fee to:

**Fit Kids America
272 Brady St.
Martinez, CA 94553**

Questions? Call Keith at 925-989-2577 or keith@fitkidsamerica.org

STUDENT'S NAME

DATE

ADDRESS & ZIP CODE

TELEPHONE NUMBER/CELL PHONE

BIRTHDAY

SCHOOL/TEACHER/GRADE

SESSION DATES AND PROGRAM

PARENT'S SIGNATURE

E-MAIL ADDRESS

PERSONS AUTHORIZED TO PICK UP MY CHILD MY CHILD RETURNS TO ONSITE CHILD CARE: YES NO

PERTINENT MEDICAL CONDITION(S)

PAYMENT METHOD: CHECK NO: _____

RELEASE AND WAIVER OF LIABILITY

I release and hold harmless Fit Kids America, its officers, directors, employees, agents, landlords, lessees and franchises hereafter the "Released Parties" from any and all liability for injury to my child(ren) caused in any manner, including the negligence of the Released Parties, by my child(ren)'s participation in any Fit Kid America program.

I acknowledge that some Fit Kids America programs are designed, through certain movements, concentrate on the cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. The routines allow for a warm-up and cool-down period, and children are advised to warm-up and pace themselves during the course of routines. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, or any other condition that may affect my child(ren)'s participation and ability to participate in and endure the exercise program.

I further release the Released Parties from any and all claims for loss or injury to personal property or for personal injury from any cause related to a Fit Kids America program, including but now limited to theft, fire, and the simple negligence of the Released Parties.