



GREENSBORO BLACK BELT ACADEMY  
at the RAGSDALE FAMILY YMCA



# March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Basics & Forms	2	3 Kicking & Sparring	4	5 Basics & Forms	6 Kicking & Sparring
7	8 Basics & Forms	9	10 Kicking & Sparring	11	12 Stripe & Belt Test- ing	13 Kicking & Sparring
14	15 Basics & Forms	16	17 Kicking & Sparring	18	19 Basics & Forms	20 Kicking & Sparring
21	22 Basics & Forms	23	24 Kicking & Sparring	25	26 Basics & Forms	27 Kicking & Sparring
28	29 Basics & Forms	30	31 Kicking & Sparring			



- Mon/Fri 6-6:30 White/Yellow 6-7 Green & Above
- Wed 6-7 All Levels
- Sat 10:15-11 Adult Class 11-12 All Levels

Instructors: Dwayne Williams 336.601.5287  
Tod Smolko 336.587.8669  
Ragsdale Family YMCA 336.882.9622



## Greensboro Black Belt Academy at the Ragsdale Family YMCA Tae Kwon Do Registration Form

Greensboro Black Belt Academy in association with the Mary Perry Ragsdale Family YMCA is pleased to offer introductory Tae Kwon Do classes. Tae Kwon Do is one of the most popular martial arts in the world. It involves more than kicking and punching. It develops coordination, balance, stamina, etiquette, physical fitness, and flexibility. The student of Tae Kwon Do will learn new forms (a coordination series of movements), self-defense techniques and increased self-confidence in accomplishing the goals set forth in the curriculum. If you are looking for more purpose in your exercise routine, or just to compliment it, give GBBA Tae Kwon Do a try. You will get a kick out of it! For more information, please contact instructors Dwayne Williams at 336-601-5287 or Tod Smolko at 336-587-8669 or Wellness Director, Takeela Reddick at 336-882-9622, ext. 238.

**Class Description:** Introductory classes expose students to basic kicks, blocks, and stances. This Class will also introduce the tradition of the art, which includes class discipline and etiquette.

Cost: YMCA Members \$40/month Non Members \$70 / month  
(Due to the YMCA by the 7th of each month) (There is a \$5 late fee if received after the 7th of month)  
Equipment (Uniform) Cost: \$40 (Please see instructor about uniform and equipment)

### PARTICIPANT INFORMATION:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male Female YMCA Member Non-Member

### EMERGENCY CONTACT INFORMATION:

Mother's Name: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_  
Father's Name: \_\_\_\_\_ Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

### RELEASE AND WAIVER OF LEGAL LIABILITY

**THIS IS YOUR RELEASE AND WAIVER OF LIABILITY** (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). **You agree that this Release is effective immediately.**

**This is important to you and/or any minor children, so do not sign until you have had your questions answered.** You provide this Release freely, and without duress under the following terms:

- 1) GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decided to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- 2) ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. **You assume the risks:** I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. **Once you sign, you are saying that you understand the risks involved and accept all of the risks.**
- 3) MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. **A)** I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. **B)** I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- 4) INSURANCE:** YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.
- 5) PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

**HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.**

Applicant or Parent/Legal Guardian Signature \_\_\_\_\_

\_\_\_\_\_ Date