

Taekwondo Registration



* Taekwondo:

Misting Dragon Martial Arts is committed to providing the highest quality martial arts instruction and training in a friendly, positive environment. Individuals of all ages with or without previous martial arts experience can learn to defend themselves, receive a great workout, have fun, and improve as individuals. In addition to punching and kicking techniques of Tae Kwon Do, students learn self-defense and martial arts weaponry. There will be two sessions offered on Mondays and Wednesdays. The program will begin on January 7, 2018



Beginner Taekwondo:

This 10 week program is for all ages 5 and up, who have less than 1 year of experience in Taekwondo. This class is an introduction to "empty hand" defense. Students will learn punches, kicks and traditional form.

Time: 6:00 - 6:35 PM

Intermediate Taekwondo:

This 10 week program is for ages 8-16 years old with over 1 year of experience. Students will advance in sparring situations and begin to learn falling and throwing techniques from a variety of defense positions.

Time: 6:45 - 7:30 PM

Adult Taekwondo:

This 10 week program is for ages 16 and up, any experience level. Students will work at skill level, defining punches kicks and sparring tactics. Advanced students will progress to weaponry attacks and defense.

Time: 7:40 - 8:25 PM

Registration Begins: November 19, 2018

Registration Deadline: January 2, 2019

Rate: \$75

Member Rate: \$50

Program Dates: January 7 - March 13, 2019



Registration

Register online, email or return form to:
 300 Jefferson St.
 Waterloo, IA 50701
 319-291-0165
www.cvsportsplex.org
leisure.services@waterloo-ia.org

Parent's/Guardian's Name	Email
Address	City Zip
Phone: Home	Cell Work

CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful? _____

Participant's Name (Last, First)	M/F	Birth Date	Current Grade	Program #	Program Name	Fee
		/ /				
		/ /				
		/ /				
TOTAL						\$

Method of Payment <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover	*FOR OFFICE USE ONLY Amount: _____ Date Received: _____ Staff Initials: _____
Card Number _____ Exp. Date (Month/Year) _____	

Important Information
 The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety.

Warning of Risk
 Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety.

WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK
 Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided).

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees. I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered.

PHOTO POLICY: The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs of people in the City of Waterloo parks. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television.

REFUND POLICY: Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after team assignments have been made. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks.

If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and full understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.

X _____ Date _____
 Signature of Parent, Guardian or Participant (Under 18)

X _____ Date _____
 Print Name of Parent, Guardian or Participant (Under 18)