



Moo Sul Kwan



Tae Kwon Do

Self Control & Self Defense

Tuesdays

7:00p.m. - 8:00 p.m.

What can you gain from martial arts?

Stay in shape

Meet new people

Better flexibility



Agility

Integrity

Self confidence

Leg strength

Diligence

\$25 for 6 classes;

Min. 6 people

(March 6 - April 24)

No class April 3 or 10

Ages 9 & up



Instructor: Ed Langrand



Activity Registration



Household LAST NAME

Household FIRST NAME

MAILING ADDRESS

CITY

ZIP

PHONE: HOME ()

WORK ()

EMERGENCY ()

VISA

MC

Email address: _____

CASH

CHECK

CHECK #: _____

REC'D BY: _____

PARTICIPANT INFORMATION

Participant First Name	Last Name	DOB	gender	Activity Name	Activity #	Fee
		/ /	M F			
		/ /	M F			
		/ /	M F			
		/ /	M F			

PARTICIPANT RELEASE

TOTAL FEE: _____

I, the below signed as an adult (or the parent of), do hereby release the City of Delta, its agents or employees, from liability for any injuries or damages which may result to myself (my child) as a result of the participation of myself (my child) in the City of Delta Recreation Program. Further, the applicant agrees to save and hold harmless the City of Delta, its officers, agents, or employees, for any damages or personal injury which may result from activities occurring on the property of the City of Delta which is used in conjunction with the Delta Recreation Program

SIGNATURE: _____

DATE: _____

Tae Kwon Do

Check	Class	Day	Time	POS #	Fee
✓	Tae Kwon do	Tuesday (3/6-4/24)	7:00PM- 8:00PM	109041I	\$25

For more information contact Fitness Dept. @ 874-0923