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City of Long Beach



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Parks and Recreation Department

LONG BEACH RECREATION IN COOPERATION WITH LONG BEACH TAE KWON DO ACADEMY

Wednesdays for grades K – 6

First come first served. 20 Maximum per section
Start Date September 21, 2016

REGISTRATION: LONG BEACH RECREATION CENTER
700 MAGNOLIA BLVD
431-3890

FEE: \$65.00 for Eight (8) Week Program
Checks or money orders made payable to Long Beach Tae Kwon Do Academy.
Cash also accepted.

Name _____ Grade _____ DOB _____

Address _____ Phone _____

Parent Name _____ E-Mail _____

Emergency Name _____ Emergency Phone _____

School Attending _____

I, the parent or guardian of the below named child, give permission and approval for his/her participation in the Long Beach Parks and Recreation Department's Long Beach Tae Kwon Do Academy Program. I fully understand that my child must abide by all the Rules and Regulations set forth by the Parks and Recreation Department and further agree to explain to my child the Codes of Conduct set forth by the Long Beach Parks and Recreation Department. I also agree to follow those rules that apply to me as a parent and spectator. The Codes of Conduct can be found on the web at www.longbeachny.gov/rec. I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video in which my child may appear while participating in Parks and Recreation programs and grant permission for publication or use of those images.

I understand that payment is non-transferable and non-refundable. Parent Signature _____

For Rec Staff Use:

Receipt # _____ Amount Paid \$ _____ Proof of Age _____ Date _____ Staff _____

CITY OF LONG BEACH
Parks and Recreation Department

ELIGIBILITY REQUIREMENTS FOR LONG BEACH TAE KWON DO ACADEMY

1. Children residing in the Long Beach City School District and/or attending Long Beach Schools are eligible to enroll in the Long Beach Tae Kwon Do Academy Program beginning September 8, 2016.
2. Registration begins for Non-Residents on September 12, 2016.
3. A \$5 late registration fee may be added for anyone registering after October 13, 2016.
4. Long Beach Tae Kwon Do Academy is open to boys and girls in grades K through 6.
5. Wednesday dates are September 21 and 28, October 5, 19 and 26 and November 2, 9 and 16.

Classes will be held

Grades: K – 6 Wednesday 4:15 p. m. – 5:15 p. m. _____
ALL Classes will meet eight (8) times

Classes will be held at Long Beach Tae Kwon Do Academy

160 W. Park Ave

Attire: Gym Clothes

(Shorts, Sweats, T-Shirt)

Classes will include:

Tae Kwon Do Kicking Techniques

Plyometric

Agility

Strength Conditioning

Flexibility Training

Board Breaking