

Your View Ridge PTA is proud to present

# Black Belt Strong



## **Black Belt Strong: confident, respectful, hardworking, responsible kids!**

This unique course is a 6-session character development program that incorporates physical exercise with life skill lessons. Open to students grades K-5 this innovative program will train students to be physically and mentally Black Belt strong, with the tools to be leaders at home, school, and in life.

## **How does Black Belt Strong benefit my school?**

The instructors, materials, and equipment required to run this after school program are donated by TAEKWONDOWAY , therefore the tuition of \$30 will be donated directly to your school PTA! For more information about the instructors visit: [www.tkdway.com](http://www.tkdway.com) or call: **425-355-8918**

#1 **FOCUS** 10/2

#2 **COOPERATION** 10/9

#3 **RESPECT** 10/16

#4 **SELF-CONTROL** 10/23

#5 **PERSEVERANCE** 10/30

#6 **Open House\*** Sat., 11/3

**Where:** View Ridge Elementary Gymnasium

**When:** Tuesdays, October 2-30, 2018

**Time:** After school from 3:35-4:20pm

\*Class #6 **Open House:** A special class will be held on Saturday, November 3, 2018 at our Taekwondo school: 12138 Mukilteo Speedway, Mukilteo WA 98275

**Registration Form - Please return this form to the front office by September 21, 2018! - Maximum 50 students**

Student Name \_\_\_\_\_ Grade \_\_\_\_ Age \_\_\_\_ Allergies \_\_\_\_\_

Teacher Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Is a parent available during the program to help check-in and check-out students?  Yes  No

Phone # \_\_\_\_\_ Email \_\_\_\_\_

**Go Home Instructions:** When class is complete, my student(s), will:

Walk Home  Go to the Boys & Girls Club  Be picked up at 4:20pm by: \_\_\_\_\_  
Phone #: \_\_\_\_\_

*I acknowledge & understand that the participating groups & instructors shall not be liable nor do they assume or accept responsibility for injury or accident which may occur to the child during class, and thereby release and hold harmless the participating groups, sponsors, instructors, and all other persons and entities associated directly or indirectly from injury, damage, or loss. Access to school medical offices, medications kept at school (including inhalers & epi pens), and medical staff are unavailable during this after school program and district medication policies must be adhered to.*

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

\$30 Enclosed (make checks payable to View Ridge Elementary PTA)