

## LET **SEALY KARATE** HOST YOUR NEXT *Birthday Party*



Our instructors will keep the kids busy with games and fun Martial arts themed activities. We supply the decorations, pizza & drinks, set up & clean up and 2 hours of fun & exercise for the little ones.

The birthday child receives a free T-shirt and each guest receives a free trial program coupon.

\$249.00 includes 10 guests, \$10.00 for each additional guest. Students receive a 10% discount, BBM receive a 20% discount.

Sealy Karate provides birthday party invitations with a participant waiver, these can be picked up at the courtesy counter once your party is booked.

50% deposit for reservation,  
balance paid at the party.

*"The instructors at **Sealy Karate** will motivate you to set your fitness goals and stick to them. They give you a variety of workouts in different disciplines to keep you healthy and fit"*

### SOME OF THE OTHER PROGRAMS WE OFFER

MARTIAL ARTS FOR YOUTH & ADULTS

PERSONAL TRAINING

CROSS TRAINING

PRIVATE LESSONS

SELF DEFENCE CLASSES

MMA FITNESS

SEMINARS

### **SEALY KARATE SCHOOLS**

10 Spedvale Ave E, Unit G  
Guelph, ON N1H 1J3  
519.821.5425

@sealykarateCa   /sealykarate



## **ACTIVITY DAY** **CAMP GUIDE** **MARCH BREAK** **SUMMER** **WINTER BREAK** **P.A. DAYS**



**TEAMSKS.CA**  
**519.821.5425**



## YOUR CAMP INFORMATION

### **MONDAY TO FRIDAY** **9:00AM TO 4:00PM**

No extra charge for 8:30 am drop off.  
Earlier drop off and later pick up times  
are available for an extra fee, just call!

### **CAMP DATES**

What your child will need to bring to  
**ALL** camps: Uniform, lunch, snacks,  
water, favourite board game,  
favourite book to read.

### **SUMMER CAMP**

Hat, sunglasses, bathing suit, towel  
walking shoes, socks

### **WINTER CAMP**

Hat, boots, snow suit, mitts, scarf

### **MARCH BREAK CAMP/P.A. DAYS**

Hat, boots, snow suit/rain coat, mitts,  
scarf, dress for the weather

### **TENATIVE SCHEDULE**

Each day will consist of:

- Martial arts classes (with A & B curriculum)
- Outdoor activities (weather permitting)
- Reading, games and crafts, trips to the park,
- Pizza party Friday.



Our dojo is a **MEDIA FREE** zone.  
No television & no video games  
are permitted.

## OUR CAMPS ARE A KICK AND THERE'S NO PREVIOUS TRAINING NEEDED TO JOIN THE FUN!

We have an exciting schedule planned  
for our holiday campers. Here are  
some of the highlights:

- Special martial arts camp classes - regular A & B curriculum plus kata, sparring, grappling, weapons, throws, falls & takedowns, self-defence nunchuks.
- Outdoor activities include trips to park, organized games, wading pool.
- Plenty of exercise! We will be sure to send everyone home, ready for bed early each day.

### **COST**

#### **NON MEMBERS**

\$219.00/week or \$50.00/day no uniform  
or  
\$249.00/week or \$80.00/day with uniform

#### **MEMBERS**

\$199.00/week or \$45.00/day

#### **BLACK BELT MEMBERS**

\$179.00/week or \$40.00/day

(25% discount for 1/2 days & second family  
members)

Camp Add-on, stripe Topper - Semi Private  
Lessons add \$100.00.

\*plusHST

## REGISTRATION PERMISSION FORM

Please return this form with your payment. Please  
make sure to include all information on this form.

**Please include which days/weeks you will attend.**

*I understand & agree that Sealy Karate will not be held  
liable for any injuries, damages, etc., not caused by or  
resulting from the negligence of the owner, operators  
or persons in charge of such establishment or their  
agents, servants or employees.*

Parent Signature: \_\_\_\_\_

### **CAMPER'S PERSONAL INFORMATION**

Camper Name: \_\_\_\_\_

Camper Birthday: \_\_\_\_\_

Health Card#: \_\_\_\_\_

Important Health Information: \_\_\_\_\_

Dates Attending: \_\_\_\_\_

### **PARENT CONTACT INFORMATION**

Name: \_\_\_\_\_  
(tax receipt)

Email: \_\_\_\_\_

Phone#: \_\_\_\_\_

Emergency Contact#: \_\_\_\_\_

Home Address: \_\_\_\_\_

### **PAYMENT INFORMATION**

Method of Payment    Visa ☐    Check ☐    Debit ☐    Mastercard ☐

Credit Card# \_\_\_\_\_

Signature \_\_\_\_\_

Amount: \_\_\_\_\_    Recieved ☐