



SwiftKick Martial Arts & Fitness LLC

SWIFTKICK MARTIAL ARTS & FITNESS FAMILY WEEK SUMMER 2013

Welcome to SwiftKick Family Martial Arts & Fitness (MAF) Week which will take place the week of June 24th, 2013 at Bicentennial Park and Old Plank Road Trail located on Washington Street in Joliet, IL. SwiftKick Family MAF is intended to foster community involvement, family time, physically active lifestyles, and summer fun! We are excited about creating a family atmosphere in the Joliet community while having fun and staying active! During our weeklong camp, we will engage you in a variety of fitness forms, several styles of martial arts & self-defense (i.e. Kung Fu, Tae Kwon Do, Hapkido, etc), and tons of water balloons. With our Family Martial Arts & Fitness Week, you will be able to take in plenty of fresh air and enjoy the sunrays.

Our Schedule is As Follows:

Monday, June 24 th	11am-12pm or 6pm-7pm	SwiftFit (Strength & Endurance)	Bicentennial Park (Outdoor Theatre Area)
Tuesday, June 25 th	11am-12pm or 6pm-7pm	SwiftKick (Cardio)	Bicentennial Park (Outdoor Theatre Area)
Wednesday, June 26 th	11am-12pm or 6pm-7pm	Circuit Training	Bicentennial Park (Outdoor Theatre Area)
Thursday, June 27 th	11am-12pm or 6pm-7pm	Bike, Walk, Run, Rollerblade!	Old Plank Road Trail (Beginning on Washington Street, Joliet, IL)
Friday, June 28 th	11am-12pm or 6pm-7pm	Martial Arts/Self Defense & Water Balloon Fight	Bicentennial Park (Outdoor Theatre Area)

Pricing:

3 Family Members- Total \$40

Each Additional Family Member- \$10

We accept checks, money orders, cash, debit/credit payments. Credit/Debit payments can be done by phone or in person plus a \$2 convenience fee. Checks and money orders can be mailed to:

SwiftKick MAF
PO BOX 1496
Joliet, IL 60434

You may register by mail, email, phone, or in person. Our registration deadline is Saturday, May 18th, 2013. We will also have a Registration Day at Bicentennial Park (Stage Side) May 18th, 2013 from 1pm-2pm.

Thank you again and we look forward to having a great time, led by our Sifu (Teacher) Kevin Smith! Please contact us with any questions or concerns.

Best Regards,

Kaitlin Morris
Director

SwiftKick Martial Arts & Fitness LLC

P.O. Box 1496 Joliet, IL 60434

(779)225-3478

swiftkick4kids@gmail.com



**SWIFTKICK MARTIAL ARTS & FITNESS FAMILY WEEK
SUMMER 2013
REGISTRATION FORM**

Name of Participant/Party Responsible: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Name of Participant: _____ Date of Birth: ____/____/____

Billing Address: _____ City/State: _____ Zip Code: _____

E-mail: _____ Cell Phone/Home Phone: _____

Emergency Contact: _____ Emergency Phone: _____ Relation: _____

List of Medical
Conditions _____

Additional Notes _____

Payment Total Enclosed: \$ _____ Cash ____ Check ____ Money Order ____ Credit/Debit ____

Class Time: 11AM _____ 6PM _____

Recognizing that SwiftKick Martial Arts & Fitness LLC will do its best to ensure a safe experience, I understand that accidents or injuries may occur from my family's participation Martial Arts & Fitness activities. I agree to assume these risks. By signing below, I release SwiftKick Martial Arts & Fitness LLC and all SwiftKick staff from all liability during my family's participation in SwiftKick Family Week. I also allow SwiftKick Martial Arts & Fitness to photograph my family for promotional use.

Parent/Guardian Signature: _____ Date: _____