

St Ives Aiki Dojo

Regular 10 week Beginners programs

The courses are held in a safe and well run environment with qualified instructors. The course will help to improve your coordination, flexibility, balance and body-awareness. The course give an insight in the defenses from grabs, punches, kicks and knives.

Fees for 10 week beginners programs are **£70** this includes person-to-person insurance.

Course will be held at the following venues: -

St Ivo Leisure Centre (St Ives) : **Monday** (8pm start)

The Burleigh Centre(St Ives) : **Thursday** (8.15pm start)

St Neots Leisure Centre (St Neots) : **Friday** (7.00pm start)

Please book early, as places will be limited.

To enroll on the beginners program please print out this form and return it with a deposit of £15 to:

Aikido Beginners Program
St Ivo Leisure Centre
Westwood Road
St Ives
Cambs
PE27 6WU

(Cheques should be made payable to: St Ives Aikikai)

St Ives Aiki Dojo – Aikido Beginners Enrolment Form

Name		
Address		
Telephone	Home:	Mobile:
Email		
Course Start Date:	<i>Please call for dates</i>	

For more information email: contacts@stives-aiki-dojo.org.uk



Application to Practice Aikido

I would like a place on the 10 week Aikido course with St Ives Aiki Dojo. I am 18 or over.

Name Date of Birth Age

Address

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e-mail

Contact No.

Emergency Contact Name Tel.

Do you have any medical condition/injuries that may affect your ability to train/exercise?

Please state

Yes /No.....

If Yes, details here

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(Continue on reverse if necessary)

10 Week Aikido course cost: £70.00

Cheque should be made payable to St Ives Aikikai (Bankers card number on reverse please)

I understand and agree to the following:

- that the course will take place at the venue selected
- that there are no refunds for missed classes unless the club is informed before the course starts and only in the form of a class credit.
- that Aikido is potentially a risky sport and whilst injuries and accidents are very rare, they are still possible.
- for the safety of myself and other students, I will do exactly as the teacher instructs during class.
- I will notify my instructor and any training partners if I have any pre-existing injury or medical condition, which may affect my ability to train/exercise.
- that St Ives Aikido Dojo denies any liability for theft or injury which may occur
- on their premises or on or within a sport facility they rent or use as their premises

Signed..... Date.....