



NBGC CO-REC KARATE

2501 W Irving Park Road

www.nbgc.org

(773)-463-4161

REGISTRATION

When: Registration open through **February 3rd, 2022.**

How: Form must be filled out online.

Who: Boys & Girls age 8-18. Participation is capped at 20 Students.

Visit: nbgc.org/athletic-programs to register online

Cost: \$60 (uniform will be purchased separately).
(financial assistance available upon request)

CLASSES

Start Date: February 15th, 2022

End Date: June 16th, 2022

Tuesdays & Thursdays

6PM - 7PM

CLASS INFORMATION

- Participants will learn traditional GoJu-Ryu Karate-Do.
- Classes will be taught by Sensei Bob Muralles, 4th Dan Black Belt, Midwest Circuit Champion, M.A.K.A. Champion, Power Nationals Champion, London, Can-Am Police and Fire Games champion.
- Kata will be focused in the Karate Program. Kata helps refine techniques and improve body mechanics associated with the execution of techniques.
- All class curriculum will be from instructor's Hombu Dojo "Jun Ko Kan" Phoenix, Arizona.
- Uniform purchase/sizing day will take place on Thursday, February 3rd, 2022. More details will be sent out after registration confirmation.

COVID-19 PROCEDURES AND PRECAUTIONS

- All equipment, high touch surfaces, and facilities will be cleaned according to IDPH guidelines.
- Additional FAQs on 2nd page.
- Participants must wear masks inside clubhouse.
- Only registered participants allowed inside gym. Others may wait in designated waiting area.



Frequently Asked Questions

What should my child bring to the classes? Students should come to classes with a labeled water bottle. Uniforms will be available for purchase from the instructor at the uniform purchase day. If your child already has a Gi, they can wear that.

What can I expect from an NBGC karate class? Each class will be one hour long. Classes will be taught by Sensei Bob Muralles, 4th Dan Black Belt. Midwest Circuit Champion, Pro-Am Champion, M.A.K.A. Champion, and Power Nationals Champion, London.

Can I stick around and watch my child? At the time, indoor spectators will not be permitted.

How do I register for a program? Registration form and information flyer can be located on the NBGC website at nbgc.org/athletic-programs. Forms must be completed online.

How will program changes be communicated? Any changes in programming will be communicated to the email addresses listed on the registration form.

What happens if I am late/early to drop-off/pick-up? Classes end at 7:00PM, please pick up your child promptly.

What governmental guidelines will NBGC be following? The NBGC will be following guidelines and recommendations of the IDPH, Chicago Park District, CDC, City of Chicago, and State of Illinois Restore Plan.

If participant is exposed to COVID-19 due to “close contact”: If asymptomatic, fully vaccinated participants may attend program. Non fully vaccinated close contacts cannot return to program for 10 days after exposure. They may return on day 11 if no symptoms arise. They may return in 7 days if participant is asymptomatic and a negative PCR test was done at least 5 days after exposure.

If participant displays symptoms of COVID-19: Participants displaying symptoms may not return to program until a negative PCR test confirms symptoms are not caused by COVID-19.

If participant tests positive for COVID-19: An individual that tests positive (symptomatic or asymptomatic) must wait 10 days from positive tests to return to program. Please notify NBGC via email at Bess@nbgc.org or via phone at (773)-463-4161 ext. 117. Also notify athletics@nbgc.org.

When will face masks be required? Face masks will be required at all times. During breaks, participants will be socially distanced and may remove their mask for brief stretches to drink water. Youth are encouraged to bring an extra mask should they need to change into a clean one.