



Poland Parks & Recreation Presents:

Kids After School Karate

Classes are safe, fun and empowering!

- * Discipline
- * Self Defense
- * Respect
- * Confidence
- * Focus
- * Physical Fitness

Fridays 3:30 - 4:30 PM

Poland Community School Gym

FALL START DATE: SEPTEMBER 15

Instructors are on site for dismissal to the gym. School Program runs September 15 - June 8

Returning Karate Students...Monthly payment of \$40 Includes:
After-School Karate Classes and a Healthy Snack Every Week.

New Student Package...3 Monthly Payments of \$50 includes:
Karate Uniform, 3-Months of After-School Karate, and a Healthy Snack Every Week.

\$5 discount for each additional household family member.

Online Registration and Payments Accepted.

Call Renshi Lisa: 627-7170

Email: bkdfitness@gmail.com

Find out More at www.bkdfitness.com

Poland Recreation Karate Registration: Mail to BKD, PO Box 565, Casco, ME 04015

Name _____ Parent Name _____

Address _____ Town _____ Zip _____

Phone 1 _____ Phone 2 _____ Date of Birth _____

Email _____ Health information _____

Age _____ Clothing Size _____

Liability Waiver and Medical Release: I _____ hereby release Poland Recreation, it's employees, agents, officers and volunteers from any liability claims, demands or suits for property damage, personal injury or death, which could arise out of the course of participating in this program. I understand that this activity involves physical exercise and perhaps a health risk and I will release Poland Recreation from any claims. I also grant permission for emergency medical attention should I not be able to be reached at the telephone numbers provided. I grant permission to Poland Recreation to use photos from their programs in any and all publications or promotions without payment or consideration. Names will not be used in conjunction with the photos unless other permission is granted.

Signature _____ Date _____

I _____ hereby release Bushido Karate Dojo, it's employees, agents, officers and volunteers from any liability claims, demands or suits for property damage, personal injury or death, which could arise out of the course of participating in this program. I understand that this activity involves physical exercise and perhaps a health risk and I will release BKD from any claims.

Signature _____