

After School Karate

Sponsored by Casco Recreation

Classes are safe, fun and empowering!

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

Fridays 3:20 – 4:20 pm
Songo Locks Elementary 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 After-School Karate, and a Healthy Snack Every Week.

\$5 discount for each additional household family member. Online Registration and Payments Accepted.

For More Information Call: 627-7170

Email: bkdfitness@gmail.com

Or Visit www.cascomaine.org

Songo Locks Karate Registration: Can Bring Form and Payment to first Class.

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 Casco 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 Casco 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 Casco 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 _____