

After School Karate

Sponsored by Sebago Recreation

Classes are safe, fun and empowering!

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

Mondays 3:20 – 4:20 pm
Sebago ELEMENTARY SCHOOL Gym
Fall Session Starts: September 19

For More Information or to PreRegister

Call: 627-7170

Email: bkdfitness@gmail.com

Or Visit www.townofsebago.org

Experienced instructors are on site at Dismissal.

Session Fee: \$105.

Uniforms available at 1st Class for \$30.

\$90 session fee for each additional household family member.

New and Returning students PLEASE call to preregister. Bring Registration Form 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 Sebago 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 Sebago 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 Sebago 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 _____